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IF THE SHOE FITS ...

IN WHICH THE STORY OF SHANNON THE TEMP COMES TO ITS WONDERFUL, MAGICAL, FAIRY-TALE ENDING RECAP **PAGE 26**


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BRYZ HANDLES HIS BIZ

Nashville Predators forward Viktor Stalberg collides with Oilers goalie Ilya Bryzgalov in the first period on Thursday in Nashville, Tenn. Bryzgalov earned a 3-0 shutout in his first start. Story, page 53.

MARK HUMPHREY/THE ASSOCIATED PRESS

Opioid-based drug use up more than 40%

Addiction. Police stats for 2010-12 released following Health Canada's approval of generic oxy

LEAH
GERMAIN
edmonton@metronews.ca

Edmonton police said they have seen a large spike in weak opioids use in recent years, a report they made just after Health Canada approved a new generic version of oxycodone.

Between 2010 and 2012, police reported a 42.1 per cent increase of the consumption of the opioid-based drugs, including different versions of oxycodone.

"We are seeing a fairly steady and significant use and abuse of oxycodone and other

opioids," said Det. Guy Pilon with the Edmonton drug and gang enforcement unit. "We don't have a very severe problem with heroin because addicts are using oxycodone and similar products as a trade-off for it."

With Health Canada poised to introduce a new generic version of oxycodone to the market, Pilon noted police are not expecting to see a dramatic change in consumption.

There are still several other generic versions currently available to users, who are usually prescribed the painkiller by their doctor, he said.

"They get addicted to it and they need more than what their doctor will provide," Pilon added.

Twenty-five-year-old Derek, from Calgary, has spent the better part of four years abusing Oxycodone, a version of oxycodone. He said he began using

National consumption

According to the International Narcotic Control Board, Canada is the world's second largest consumer per capita of opioid-based drugs.

the drug after a surgery on his back.

"The doctor prescribed me some and I started upping the dose a little bit," said Derek, who didn't want to disclose his last name. "I started using it more and more. Before long I was using more than could be filled by my prescription, so I bought it off a friend."

Derek said the pills quickly became a habit he couldn't control. "It really snuck up on me," he said. "I was taking ten pills every day before I realized how messed up I was."

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Tom Hinderks, executive director of the Alberta Aviation Museum, stands on the steps of the museum's 737, which they need to fly out of the City Centre Airport before Saturday. RYAN TUMILTY/METRO

Leaving on a jet plane

...hopefully. Museum needs to ensure 737 is airworthy in time for Saturday deadline



RYAN TUMILTY
ryan.tumilty@metronews.ca

The Alberta Aviation Museum is scrambling to make sure two of its prize exhibits can fly out before the City Centre Airport closes Saturday.

The museum's Spirit of Edmonton biplane and its 737 jet are both being moved to a proposed new museum at the Villeneuve airport.

The biplane has only been

waiting for some good weather, but the 737 is still going through a series of inspections to make sure it is ready for the trip.

The museum's executive director is optimistic they will be able to get both planes out in time.

"The 737 has progressed well. The confidence level is high that we are going to be able to get it out," said Tom Hinderks.

Price tag

\$35-40K

Executive director Tom Hinderks estimates the full cost of moving the plane to be between \$35,000 and \$40,000.

The plane hasn't flown since 2005, but Hinderks said it seems to be in tip-top shape.

"The airplane is checking out marvelously, better than we had anticipated. She is a good old bird and she wants to go flying," he said.

Hinderks said the jet is important because it served with Pacific Western Airlines and flew from the City Centre Airport.

"It is the aircraft that really brought the province into the jet age. It connected the province by jet," he said.

He said flying it out is really the only option, because dismantling it and re-assembling it would cost \$500,000.

City spokesperson Ronna Bremer said unfortunately

737 jet

The RCMP and Edmonton Police Service have used the jet for training. It has also been used in films and for public tours.

- The 737 first entered service in 1979 and was moved to the museum in 2005.

there is no wiggle room on the closure deadline.

"It ceases to be a functional airport at 4:49 p.m. on Saturday," she said.

"There is snow clearing there. There is no air-traffic control. There is no operator. It is like the lights are out."

Crime

Charges laid in pair of homicides

Police have laid murder charges in two separate suspicious deaths that occurred in the city earlier this week.

William Maclean, 71, was found dead in the basement cellar of his home on Nov. 26. His son, 32-year-old Aaron Kohler, was charged with second-degree murder.

Police say they were approached by Kohler shortly after 10:30 p.m. on Tuesday and that he indicated he had killed his father at their home in the north end of the city.

"The male was quite distraught, and the officers figured there was some mental-health issues they were dealing with," said Staff Sgt. Bill Clark.

Police determined that the cause of death was blunt-force trauma with a hammer.

Meanwhile, police charged a 28-year-old Edmonton man with the death of Nicholas Kyriacou, following a shooting in the early hours of Nov. 27.

Mohamed Hassan Sheikh Ahmed has been charged with manslaughter with a firearm, unauthorized possession of a firearm, possession of a firearm contrary to a prohibition order and failure to comply with a probation order.

Clark alleges that the accused shot the 23-year-old victim in the head.

"Our indications are (these two were) friends," he said. "There was some indication of a minor argument between the two, and we believe some horsing around with a firearm, which resulted in the death." LEAH GERMAIN/METRO

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The impact of growing marijuana in homes can pose safety risks to residents, even long after the plants have been removed, police say. ED ANDRIESKI /THE ASSOCIATED PRESS

Grow-ops to go on record?

Weed it and weep.

Move to create database of former grow properties could put province at odds with Health Canada

Alberta's justice minister Jonathan Denis says he's keen to explore creating a database of former marijuana grow properties that have not been properly remediated: a move that could put the province at odds with the federal government.

Denis said he still wants to look closer at the results of a public consultation launched by the province last year on marijuana grow-ops, but said a primary focus is lingering health dangers in homes formerly used to grow the drug.

"The black mould that can form in some of these properties — you don't even see it," Denis said. "It renders them uninhabitable."

But Health Canada has been

unwilling to share information with lower levels of government or law enforcement on where legal grows exist, even though it is moving to make such operations illegal in 2014.

The fear from community advocates and police is that hundreds of prospective owners could unknowingly move into properties where their health or personal safety is at risk.

The concern was highlighted repeatedly in an initial report generated from the province's consultation, with calls for higher cleanup standards and a registry to warn future homebuyers.

Staff Sgt. Tom Hanson with the Calgary police drug unit was among those consulted as part of an expert panel. He said even after the plants have been pulled, there is a greater risk of home invasions.

"The news isn't always reliable that the bad guys get on where things of value might be stored," he said. "They have no concern for the safety and well-being of people in the residence, all they want is whatever may be of value to them behind that door."

Denis, meanwhile, said he believes it's within "provincial purview" to establish a registry of unremediated grows regardless of Health Canada's stance.

But the minister cautioned against labelling homes that have been brought back up to code. "To me, if you can remediate a grow-op, that's a good news story. I don't think any subsequent owner or purchaser of the property should

Public op-inions

The province's grow-op consultation generated 640 responses through an online survey, 50 per cent of which were from Calgary and 19 per cent from Edmonton. Among the findings:

- 52% disagreed or strongly disagreed with the statement that Alberta is currently doing enough to reduce the risks associated with marijuana grow operations.
- 40% advocated for a mechanism to monitor a home's electricity use and 39% said much the same when it comes to water use. Both methods have proven effective in tracking the location of grow-ops, but a Supreme Court ruling has deemed the monitoring practices a breach of privacy.
- More than 75% advocated for establishing provincial standards for remediating marijuana grow operations.

be penalized if it meets all the health standards," Denis said.

Ron Hutchinson, executive vice-president of the Edmonton Realtors' Association, said the industry would welcome the registry, but added it would be best to have a full history of the property.

**JEREMY NOLAIS/METRO IN CALGARY
WITH FILES FROM RYAN TUMILTY**

Serious blunt-er

Privacy goes up in smoke

Health Canada has come under fire for naming 40,000 medical marijuana users in a mail-out gaffe. A class-action lawsuit has been launched amid claims it breached users' privacy.

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Search is on. Police looking for help to find sex assault suspect



Edmonton police are currently looking for Christian Iturriaga, who is a suspect in a sexual assault that took place on Nov. 26. CONTRIBUTED

EPS are asking the public to help locate a suspect allegedly involved in a sexual assault near 101 Avenue and 162 Street.

At approximately 6 p.m. on Nov. 26, police allege Christian Iturriaga, 22, forced his way into a home of a female and sexually assaulted the victim, while holding her against her will.

The police have released warrants for Iturriaga's arrest, with charges including two counts of break and enter to commit assault, sexual assault, forcible confinement, uttering threats and breaches of conditions.

Iturriaga is described as a darker skinned Hispanic male, five-foot-nine and 200 pounds, with black hair and brown eyes. **METRO**

CITY'S PROPOSED ANNEXATION IS JUST BUYING TIME



FOOTNOTES
Omar Mouallem
omouallem@gmail.com

When the City of Edmonton made a notice of intent to annex 156 square kilometres of land, from Leduc County and the town of Beaumont, it didn't just surprise neighbours but Edmontonians too.

In 2011, the city formed a sustainable development plan, The Way We Grow, which was supposed to guide it for the next 30 years. The word "annexed" appears once, on the first page, in a photocopy of the bylaw declaring it an official development plan, and in legal language that has nothing to do with land mass.

The next 180 pages make no mention of needing to increase the city's size by 22 per cent in order to last us the

next five decades. That is not to say Edmonton doesn't need more land. It does, there's no denying it.

In just over a decade 160,000 new people have made it home. Edmonton's current land supply can last another 15 to 25 years, according to Peter Ohm, branch manager of Urban Planning and Environment.

By 2044, the city estimates that another 650,000 people will move to the city. These are generous estimates, but even if you go by older projections, like that in The Way We Grow, which puts the population growth at 300,000, can we really believe that 156 square kilometres will last another 50 years?

History tells us no, at least not at the pace of our current development, on which these projections are based.

Consider Edmonton's last

Quoted

By 2044, the city estimates that another 650,000 people will move to the city.

and most aggressive and contentious annexation in 1982. It was more than twice the size of the current proposal, 370 square kilometres, more than doubling the city's landmass.

It also marked the beginning of the suburban development that is the norm today. The bulky homes, triple-car garages, strip malls — these are luxuries of a prairie city with plenty of elbow room. But it also left us where we are now, 30 years later, scrambling for more land. Now consider the newly proposed boundaries. It's half the size of the 1982 annexation and yet sup-

posed to help accommodate double the population growth. Plus it has to contend with the Edmonton International Airport's noise contours, which limits much of the development to non-residential.

So it's likely this area will have an even lower population density than in the newest subdivisions around the Anthony Henday. In fact, the Capital Region Board has set the density targets lower in the proposed new boundaries than anywhere else in the area.

How then, can we expect this to last 50 years? At this rate of development, we can't. At this rate, we're just buying time. The annexation, should it pass, is a great opportunity to create denser, less car-reliant neighbourhoods with more housing options; more apartments, perhaps, to quell the 1.2 per cent vacancy rate and glut of suburban housing.

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Art pieces highlight Mill Creek Ravine and area

Untying history.
The Ribbons of History aims to connect community



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

Steel art pieces were officially unveiled to the public Thursday

as part of the 99 Street Ribbons of History streetscape project.

Mounted on top of a pole, the pieces created by local artists represent the area's history and all include elements of the Mill Creek Ravine.

"The Ribbons of History connect us and help us to connect both sides of our street," said Peigi Rockwell, co-chair of the 99 Street task force, a branch of the Strathcona Centre Com-

munity League, which spearheaded the project.

Fifty-three poles and bollards (smaller poles) were installed along 99 Street from 82 Avenue to Saskatchewan Drive, according to local officials.

In an effort to further educate people on the local history of the corridor, the smaller art pieces made out of stylized bark on the middle poles are equipped with a QR code which

will lead people to the history of the area once scanned by a smartphone.

"The Ribbons of History is what we called our project and ribbons evoke our beloved Mill Creek and inspired us all to create these installations," said Rockwell.

The project isn't finished yet, as the group awaits assistance from the city to mount the remaining ribbon pieces.



The 99 Street streetscape art project features elements from local history.
STEPHANIE DUBOIS/METRO

High Level bridge lights. Project costs coming down

Fundraising totals for the Light the Bridge project are moving up, just as costs for the project appear to be sliding down.

The project, aiming to light up the High Level with thousands of LED lights, has been running since early this year and has surpassed \$2 million on the way to its \$3-million goal.

Lindsay Dodd, chair of the Edmonton Chamber of Commerce, said the campaign is moving along steady and he is optimistic about a light-up early next summer.

Dodd said EPCOR has already started the tender process and they are getting positive signs the original \$3-million price tag might be a bit high.

"That estimate seemed to be about right, but then after going out to market, early estimates are it could be as low as \$2.5 million," said Dodd.

On Thursday, Sett Policchio, president of ATCO electric transmission, announced his company would be donating



Lindsay Dodd, chair of the Edmonton Chamber of Commerce, which is helping push the Light the Bridge further along.
RYAN TUMILTY/METRO

ing \$75,000 enough to pay for one bulb for each employee.

"This truly represents the spirit and the vision of Edmonton, its residents, and business community and that is why ATCO wants to get involved," he said. RYAN TUMILTY/METRO

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A lifeguard keeps watch at the Mill Creek Outdoor Pool. The city is hiring the equivalent of 56 new lifeguards to keep up with rising standards. COURTESY CITY OF EDMONTON

City spending \$2.5M to hire new lifeguards

16% increase.
Edmonton increasing its complement to keep up with changing national guidelines



RYAN TUMILTY
ryan.tumilty@metronews.ca

Higher national standards for lifeguards will cost the city \$2.5 million next year, as it hires more staff to bring city pools up to the new guidelines.

The city will hire the equivalent of 56 new people to keep up with new standards from the National Life-saving Society.

Judith Rohovie, director of some of the city's largest recreation centres, said the new people go above and beyond the staffing needs the city will require for new recreation centres.

"It is about a 16 per cent

increase to our complement of current lifeguards," she said.

The society's changes lower the acceptable ratio of swimmers to lifeguards from 1/75 to 1/40. The society argues the change is necessary because of changes in how pools are built.

"Those bather-to-lifeguard ratio standards were set many years ago, in an industry where it was often a 25-metre, six-lane concrete pond," said Barbara Costache, chief administrative officer of the society's Alberta branch.

She said beyond just changes in pool design, the society looks at a variety of factors to make its case. "We are always looking at new evidence, best practices, and we do that globally," she said.

Rohovie said many of the city's pools already have lower ratios than the standard because of the complexities in today's pools.

"Our new aquatic environments have things like slides

New hires

The city will also be hiring more staff this year to help staff the Meadows and Clareview Recreation Centres.

- Two people drowned at city pools in 2012, prompting a safety review that recommended more training for lifeguards and a review of safety procedures.
- City council will begin deliberating the budget on Monday. The property tax increase currently stands at 5.5 per cent, which includes all of the new lifeguard positions.

and lazy rivers, tipping buckets and even a climbing wall," she said, adding she doesn't anticipate a major challenge finding the people when they start hiring after the budget is approved.

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Province OK's two anti-smoking bills

Smoking assault. Bill 206 and 33 considered toughest anti-smoking bills in Canada

LEAH GERMAIN
edmonton@metronews.ca

New legislation that would make it illegal for people to smoke in cars with children

is one step closer to being law in Alberta.

Bill 33 received third reading Nov. 27.

As part of what cigarette-critics are calling the toughest regulation on tobacco in Canada, Bill 33 is one facet of a two-part plan to reduce options for smokers in Alberta.

"The government has been developing new legisla-

Quoted

"These measures will go a long way for keeping youth out of the tobacco market."

Les Hagen, executive director for Action on Smoking and Health

tion to accompany the new tobacco reduction strategy,"

explained Les Hagen, executive director for Action on Smoking and Health.

Earlier in the week, the legislature approved third reading of Bill 206. The bill establishes regulations for the sale of flavoured tobacco, including mentholated cigarettes, in the province.

"It's a historic week for public health in Alberta,"

Hagen noted. "These measures will go a long way for keeping youth out of the tobacco market."

Once the legislature receives proclamation, Bill 33 would implement a restriction on the sale of tobacco to minors, a phased-in ban on water pipes in public establishments and a ban on smoking in cars with children.



Alberta smokers may be in for some changes once two bills come into force. LEAH GERMAIN/FOR METRO

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Baby M. Supreme Court won't hear appeal in life-support case

The Supreme Court of Canada will not hear an appeal in the case of an Edmonton child who was taken off life support over the objections of her parents, who were charged in her death.

After the two-year-old known as Baby M was removed from her home in May 2012, doctors declared her to be permanently comatose and recommended removing life support.

Her parents, who were charged with assault and criminal negligence in the case, fought the decision in court, citing their love for the child and

Charges laid

The young girl died shortly after life support was removed and her parents have since been charged with second-degree murder and criminal negligence causing death

their religious beliefs.

The courts sided with the doctors and the Supreme Court refused to stay the Alberta court order.

THE CANADIAN PRESS

Man found dead suspected of working in the sex trade

Police are looking for more information about a man found dead in a west end motel Sunday, who they suspect was working in the sex trade.

Originally from Indonesia, Jon Syah Ribut, 35, was living in Canada on a work visa since July 2012.

Police discovered Ribut's

body at the Aladdin Motel on 111 Avenue after they received a call at around 11 a.m. Sunday morning. EPS reported Ribut died of blunt force trauma to the head.

Anyone with any information on the incident is asked to contact police at 780-423-4567.

METRO

Notice of Hearing for Permanent Guardianship Order To Corey Williams

Take notice that on the 20th day of December, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **March 17, 2013**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

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Foreskin fight rages in Israel

Long-standing debate. Upheaval follows religious court's penalizing divorced mother for refusing to circumcise son

Theocracy charge

"(It's) dangerous for democracy.... It turns the government into a theocracy."

Said Ronit Tamir, anti-circumcision activist. Most Israelis are secular, but founders gave Judaism a formal place in the nation.

An Israeli rabbinic court has fined a woman hundreds of dollars for refusing to circumcise her baby son, officials said Thursday, in a landmark case that has sparked a new uproar over the role of religion in the Jewish state.

The case shines a spotlight on a long-running debate over religious coercion in Israel,

where generations of leaders have struggled to find a balance between the country's Jewish and democratic character.

The matter ended up in the rabbinic court as part of an ongoing divorce battle. The woman announced her refusal to circumcise the boy, say-

ing she did not wish to harm him. The Israeli rabbinate's high court ruled last week the circumcision was for the child's welfare and that the woman must pay the equivalent of nearly \$150 each day she refuses the circumcision.

"The decision is not based only on religious law. It is for the welfare of a Jewish child in Israel not to be different from his peers in this matter," said Shimon Yaakovi, legal adviser to the rabbinical court. He said it was the first time a religious court in Israel has punished a parent for refusing to circumcise. A year ago, a civil court also ruled in favour of circumcision in a dispute.

THE ASSOCIATED PRESS



Israelis protest Thursday in support of a woman who refuses to have her son circumcised. ODED BALILTY/THE ASSOCIATED PRESS

Burnside, N.S.

Jail incident investigated

Police are investigating an alleged assault at the Central Nova Correctional Facility in Burnside, Nova Scotia that involved two corrections officers.

Halifax Regional Police spokesperson Const. Pierre Bourdages says they received a call Thursday about an assault at the jail. He wouldn't say who was involved, but a justice ministry spokesperson confirmed the incident involved two corrections workers. No one was injured and there have been no arrests.

METRO IN HALIFAX

RCMP. Cop told not to use medical pot in uniform; force policy under review

The case of a New Brunswick Mountie who's reportedly been told he cannot smoke the drug while in uniform underscores the need for employers to better understand medicinal marijuana, an advocate for medical cannabis said Thursday.

Adam Greenblatt of the Canadian Association of Medical Cannabis Dispensaries, said the RCMP should allow Cpl. Ron Francis to smoke in uniform providing he is not impaired. "If this officer was a diabetic, would they prevent him from using insulin

on the job?" Greenblatt said.

Francis told the CBC that there's no policy in the RCMP that prevents him from smoking his doctor-prescribed marijuana in public or while wearing his uniform. Their report said Francis is assigned to administrative duty. He uses pot to treat post-traumatic stress disorder.

RCMP deputy commissioner Gilles Moreau told CBC Francis should not use marijuana in uniform and the force is reviewing its internal policies on the matter.

THE CANADIAN PRESS

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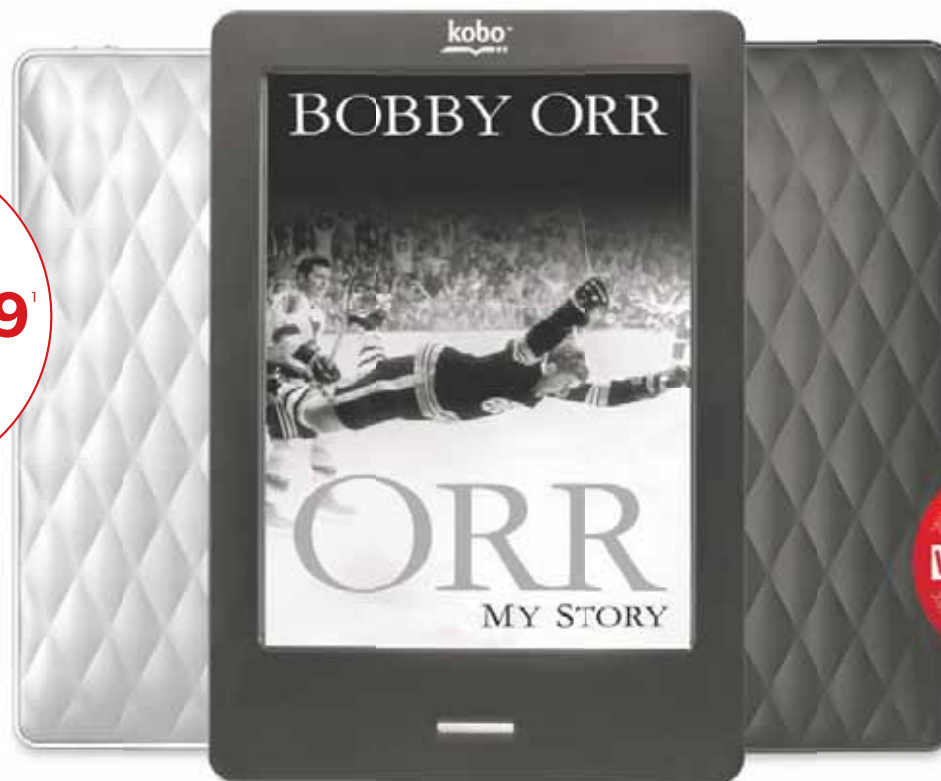
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Mike Duffy audit. Tories block key witness on alleged interference

Conservative senators blocked a bid Thursday to have a key figure from the audit firm Deloitte testify about alleged interference into the review of Sen. Mike Duffy's expenses.

The move came as the Senate's internal economy committee heard from three other Deloitte partners about the audit they had done into Duffy's living claims between February and May.

Deloitte's Gary Timm confirmed what had been revealed in a police report last week — that Michael Runia, one of the firm's managing partners, called him to inquire about the Duffy audit. Runia was not a member of the audit team.

An RCMP court filing last week revealed that Runia made the call at the request of Conservative Sen. Irving Gerstein, who in turn had been prompted by the Prime Minister's Office.

"As I indicated before,

he wanted to know if Sen. Duffy were to repay (his expenses), how much would it amount to," Timm said of Runia.

"I said I couldn't tell him, I couldn't disclose any confidential information to him — that was the gist of the conversation."

Timm said that he notified others at the firm about the call, but no report was made back to the Senate committee — Deloitte's client — about the matter.

When Liberal Sen. George Furey later moved to have Runia appear to answer questions, Sen. Gerald Comeau, the Conservative chairman of the committee, ruled against him, saying it's not the committee's job to conduct police-style investigations.

A subsequent vote, which included Comeau's Conservative colleagues, upheld the ruling, much to Furey's disappointment.

THE CANADIAN PRESS

Workers walk out after colleague's suicide

Halifax. One employee says management harassed Peter MacKenzie to get him to retire sooner



HALEY RYAN
Metro in Halifax

Nearly 200 workers at the Irving Shipyard in Halifax walked off the job Thursday morning after employees said resentment "boiled over" when they learned a co-worker had killed himself following a suspension, and what they say was months of harassment by management.

A shipyard worker who preferred not to give his name said he "almost cried right on the spot" when he heard of the death of Peter MacKenzie, whom he said he



Workers at the Halifax Shipyard walked off the job on Thursday after they say a fellow worker killed himself following months of harassment.

HALEY RYAN/METRO IN HALIFAX

worked with for 25 years.

"He was singled out and harassed in many regards," said the man. "We've had enough and it's as simple as that... It boiled over."

Workers left their jobs around 7:30 a.m., lining both sides of Barrington Street at the bottom of Devonshire Avenue and crossing the street each time the lights changed.

Union president Cliff Pickrem said MacKenzie was suspended for 30 days due to poor

workmanship on his scaffolding Tuesday, but later heard an engineer say the work was "quite up to standard."

In a statement, Irving said "It is not appropriate to speak about details regarding individual employees."

Halifax RCMP spokesman Cpl. Scott MacRae said they received a suicide call for a home in Eastern Passage on Wednesday at 2:30 p.m. and found a 58-year-old man dead.

Metro reached out to the

victim's family, who preferred not to comment.

Tyler Stewart, 29, was among many who said the company has become much harsher and more disciplinary in the last year and a half since Irving won the national shipbuilding contract and new management came in.

"A lot of the older gentlemen, they're trying to almost make them retire ... they want to make their lives miserable," Stewart said. "Unfortunately it has to come to this to make a better situation."

Pickrem and national union rep Rick Rose came from negotiations just before noon and said Irving's president was flying to Halifax. They told the crowd management understood their frustration, but was asking everyone to continue working.

Many shouted "no way" and left the property, saying they would return Friday.

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From war to the model life

Healthy change.

Meet the London, Ont., retail manager who swapped a Syrian refugee camp for fitness and physique contests



MIKE DONACHIE
Metro in London, Ont.

Canada offers many opportunities, but for one arrival from the troubled Middle East the change has been especially profound.

"In my culture, you're not even allowed to wear a bikini," said Saadiya Ghanem. "My parents were shocked."

Once, she was an Iraqi refugee in a camp in Syria. Now she's heading to Canada's national championships for fitness enthusiasts — in bikinis.

Ghanem, 29, a retail store manager in London, Ont., has earned a place in the Bikini, Figure, Fitness and Physique Championships in Edmonton next July. She qualified at a provincial contest in Toronto after beating



Ghanem ready for competition.

CONTRIBUTED

25 other women in a local competition.

When she was five years old, soon after Iraq invaded Kuwait, Ghanem was woken late at night by her parents.

"My dad was going to be taken away from us to be put in the army," she said. "He knew he wasn't going to come back. We decided one night that we needed to leave."

So they did. It was a six-hour walk in the rain, at night, but eventually they found themselves in a refugee camp. They stayed there for nine years.

Strong and free

"The people here are amazing. There's so much more freedom."

Saadiya Ghanem, on living in Canada.

It was basic, said a tearful Ghanem, with almost no health care and little education. She helped her mother as best she could but when the Canadian government sponsored them to come to Canada as refugees in 1999, the family of seven children and two adults jumped at the chance.

It was, of course, life-changing.

"There are just so many things that are better about Canada that I can't even name," said Ghanem, who was then 17. "The people here are amazing. There's so much more freedom."

And that freedom includes the chance to take part in the contest that sees people judged on fitness and physique.

It's different from bodybuilding, says Ghanem, because it's not so much about muscle. She says it's all about health, and she owes her health to Canada.

She said: "When I arrived in Toronto and got in the taxi, I was like, 'Wow.' It was like something I never thought I would see."

"I thought I would be in the camp forever."



Saadiya Ghanem, who left a refugee camp in Syria for a new life in Canada.
MIKE DONACHIE/METRO IN LONDON, ONT.

Bikini body takes discipline

Eating for health

Saadiya Ghanem eats five times a day. Breakfast is eggs, toast and peanut butter and she follows it mid-morning with a protein shake and some almonds.

Lunch is chicken, sweet potatoes and unlimited greens, with another pro-

tein shake mid-afternoon. Supper is chicken, fish and more greens.

Once a week, Ghanem takes a day off and eats whatever she wants. She likes burgers, fries and cheesecake.

She also takes supplements made by her sponsor, SD Pharmaceuticals, including green coffee beans. **MIKE DONACHIE/METRO IN LONDON, ONT.**

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Don't be chicken-hearted — ditch meat: Activists are encouraging the public to be bold and stop eating meat, for the sake of the environment. GETTY IMAGES

Do humans really need to eat meat?

Food. A vegetarian world could look a lot healthier all around



ELISABETH BRAW
Metro World News in London

Imagine if citizens could single-handedly take action to avert climate change. By doing so, they would save rivers and lakes, help the world feed its growing population, and get a lot healthier in the process.

The solution, say many environmentalists, is to stop eating meat. Its production accounts for 18 per cent of human-caused greenhouse gas emissions, according to figures from the Washington-based environmental group Worldwatch Institute. That's more than air travel, for example.

"Both animals and fertilizers emit greenhouse gases," notes Reyes Tirado, a scientist at Greenpeace. "And nitrogen and phosphorous from manure pollutes water."

Meat production currently takes up 75 per cent of the world's agricultural land, and causes deforestation as more and more land is needed to supply a growing population that maintains a meat-heavy diet.

If the planet is going to feed an expected population of nine billion by 2050, we need to use the land more efficiently. A

new study from the University of Minnesota says reducing consumption of meat and dairy by 50 per cent would help the world feed another four billion people.

But isn't it cumbersome to replace meat with protein from other sources? On the contrary. Most people in the developed world eat too much protein, most of it in the form of cheap, processed meat.

What's more, according to the Academy of Nutrition and Dietetics, a U.S. food-health body, a vegetarian diet is suitable at all stages of life.

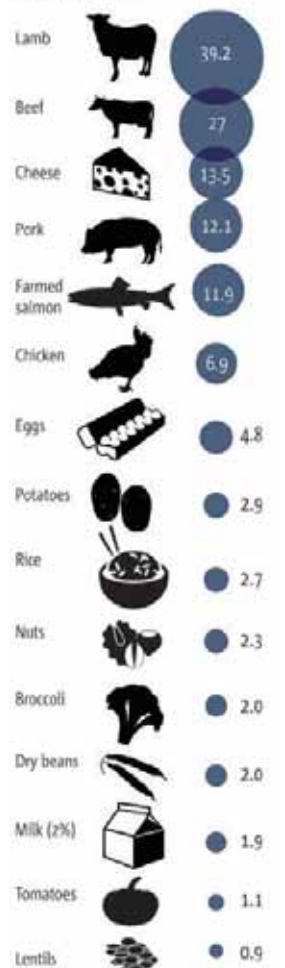
But what about the animals' benefits to pastures? These are marginal pluses compared to the weighty benefits of ending meat consumption. Also, the vast majority of livestock never graze in any pastures. "When people think of meat, they think of Old MacDonald's farm," notes Paul Shapiro, vice-president of farm-animal protection at the Humane Society.

"But more than 90 per cent of farm animals are confined to factory farms. They never see the sun, they never step on grass."

With the world's nations unable to reach consensus on several more clear-cut environmental issues, a global ban on meat is unlikely. However, unlike several climate-change initiatives, giving up meat is a decision that doesn't need government approval.

FOOD CARBON COUNTER

Greenhouse gas emissions (in kg) per kg of consumed food (includes emissions during processing, transport, retail):



Source: Environmental Working Group

Sorry, Old MacDonald

"More than 90% of farm animals are confined to factory farms. They never see the sun, they never step on grass." Paul Shapiro, a vice-president at the Humane Society

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Daredevil comet vanishes around the sun

Possibly pulverized. Scientists unable to see complete comet emerge from kamikaze flight through solar atmosphere

solar system didn't survive its close encounter with the sizzling sun totally intact.

Images from NASA spacecraft showed Comet ISON approaching for its slingshot around the sun on Thursday, but only a faint fragment coming out on the other side.

In a Google+ hangout, U.S. Navy solar researcher Karl Battams said "ISON probably

The end?

"ISON probably hasn't survived this journey"

Karl Battams, U.S. navy solar researcher, commenting on images showing Comet ISON failed to emerge intact from a spin around the sun.

hasn't survived this journey."

Phil Plait, an astronomer who runs the "Bad Astronomy" blog, agreed, saying "I don't think the comet made it."

Still, he said, it wouldn't be all bad news if the 4.5-billion-year-old rock broke up into pieces, because astronomers might be able to study the pieces and learn more about comets.

THE ASSOCIATED PRESS



Comet ISON approaching the sun on Monday. NASA/THE ASSOCIATED PRESS

Scientists say it appears a comet from the fringes of the

Topiary willies. Prickly bushes mystify Windsor

Windsor, Ont., has a penis problem.

Over the past month, a phallic prankster has been vandalizing bushes along the city's riverfront, cutting them to resemble male genitalia.

The first incident happened Oct. 16. After pictures of the shrub surfaced on a local blog, the city immediately dispatched a landscaper to cut it back down to size.

"Whoever the individual was is quite talented, to be honest," said John Miceli, Windsor's director of parks and facilities.

A second prickly thicket appeared in the same location two weeks later, catapulting the story into international headlines. Even comedian Jimmy Kimmel tackled the salacious shrub on his late night show.

"Imagine being the gardener who has to circumcise a

bush," Kimmel joked.

Although the second plant did bear a resemblance to the first, the city maintains it wasn't the work of vandals.

"I think it's just someone's imagination," Miceli said at the time. "It's the same bush that's been there for 20 years, and I've been assured that it hasn't changed in appearance."

However, the lewd landscaping didn't stop there. On Nov. 21, someone dropped off a series of garland-covered letters spelling out the word "penis" on the riverfront.

Whether the most recent prank was the work of the original culprit, or simply a tribute, Miceli said his patience for penis jokes has worn thin. He's ordered staff to dig up the bushes and replaced them with tulips, which he believes will be harder to vandalize.

LUKE SIMCOE/METRO ONLINE



These bushes in Windsor, Ont., will be replaced by tulips in a bid to curb gardening vandalism. LEFT: COURTESY THE WINDSOR SQUARE; RIGHT: TOM MORRISON/FOR METRO

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Non-believers start their own global church

Our father, who art in England? Atheist collective claims to be the fastest-growing church in the world



KIERON MONKS

Metro World News in London, U.K.

The Sunday Assembly started small in 2012, hosting monthly ceremonies at a deconsecrated church in a chic London, England, suburb. Founded by comedians Sanderson Jones and Pippa Evans, the events sought to combine the warmth of a congregation with irreverent entertainment, featuring songs and life-affirming lectures.

As word spread, the assembly became a community of active participants, inspired by the mantra of "live better, help often, wonder more." The local city council reclaimed their venue, but the assembly, undeterred, found new homes across London, the United Kingdom and beyond, as eager followers joined the movement and founded their own chap-



Come for the service, stay for the coffee: Standup comedians turned humanist ministers Sanderson Jones and Pippa Evans lead London, England's leading atheist church, the Sunday Assembly. NICK CUNARD/METRO WORLD NEWS

ters. In the past two months, affiliated Sunday Assemblies have opened in 22 cities across five countries.

The creators deny that their idea has become another religion; they say they simply wish to provide the social hub missing in many godless communities. "We are born from nothing and go to nothing. Let's enjoy it together," proclaims the first of their 10 "commandments."

The Sunday Assembly now claims to be "the fastest-growing church in the world," citing a "3,000 per cent growth rate" in the past year. Jones and Evans have spent much of 2013

on tour — from the U.S. Bible Belt to the Australian outback — that will extend the reach further still.

The movement has not been without its critics, and the comedians are frequently heckled in traditionally religious areas, but the concept is now firmly established.



Minister Sanderson Jones addresses the crowd. NICK CUNARD/METRO WORLD NEWS



The congregation at a Sunday Assembly service. NICK CUNARD/METRO WORLD NEWS

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Sickweather.com. New iPhone app warns of proximity to disease

Don't expect to find "Bieber Fever" or "drunken stupor" on a new iPhone app that issues real-time alerts when you are approaching a large mass of unwell people.

You can, however, find when you're entering a sick zone rife with asthma, bronchitis, chicken pox, common cold, cough, croup, ear infection, fever, and plenty of other maladies.

Baltimore-based Sickweather.com has just launched an iPhone app that filters through social media comments on Twitter, Facebook and Apple's notification and geofencing technologies to issue real-time notifications on phones, warning of closeness to disease areas.

It's available in the App Store as a free download.

"It's a neat idea," says Abe Oudshoorn, an assistant professor of nursing at The University of Western Ontario in London.

Oudshoorn, who teaches community-health planning,



Heading into a flu-ridden area? A new app could warn. GETTY IMAGES

says he expects this sort of information sharing to grow.

"It's not going to go backwards," Oudshoorn says. "We're not going to see the decline of data. We're going to see continuous new platforms for sharing data."

Oudshoorn says there are now minimal mandatory requirements for the public reporting of health data which creates openings for private sharing of health information. "We need everyone to be a more active participant in their own health," Oudshoorn says. **TORSTAR NEWS SERVICE**

Migrant crash survivor wants future in Canada

Juan Jose Ariza. He survived a horrific wreck, now he's awaiting word from Ottawa on his status



SCOTT TAYLOR
For Metro in London, Ont.

Juan Jose Ariza survived a collision that killed 10 people outside of Stratford in February 2012. He spent the following 18 months in agony willing his broken body to heal in a London long-term care facility.

But the one foe he hasn't been able to beat is the Canadian government.

Not yet, anyway.

Ariza and 12 other migrant workers had finished their shift of vaccinating chickens when their ex-

tended van ran a stop sign and was crushed by a truck driven by a London man, who also died.

Only Ariza and two other workers survived the carnage.

While recovering, Ariza was separated from his wife and young son. His work visa had expired and he wasn't going to be granted another one due to his injuries.

That meant that if he left the country, he would likely not be allowed to re-enter it again. He wanted to bring his wife Edith and son Flavio here on humanitarian grounds because his injuries occurred while working in this country. London North Centre MP Susan Truppe said there's reason to be optimistic about a future for him in Canada. "He hasn't been turned down and the file is still active, so things are moving along well."



Juan Ariza with wife, Edith, and son, Flavio. CONTRIBUTED

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Yikes! Ever feel like you're being tracked at the mall? Turns out you might be, with retailers turning to technology to track shoppers in a bid to tailor the shopping experience to customers. SEAN GALLUP/GETTY IMAGES FILE

You're not paranoid, stores are spying on you

Online and IRL.

Retailers are tracking your movements using cookies, heat sensors and cellphone signals

Advances in technology have never made tailoring deals to shoppers this holiday season so easy — or so creepy.

Online stores have long-

He knows what you're buying

"You can't have Christmas anymore without big data ... You know that song where Santa knows when you've been sleeping? He knows when you're awake? That's where he's getting his information from."

Jeff Chester, executive director at the Center for Digital Democracy

tracked your movements on the web through 'cookies.' And bricks-and-mortar stores have started tracking you too — ex-

perimenting with heat sensors and monitoring phone signals to see which aisles are most popular. **THE ASSOCIATED PRESS**

Focus on technology

CN Rail launches \$10M safety plan

Canadian National Railway Co. says it's investing \$10 million in a special program to enhance its ability to detect equipment defects, such as hot wheels.

THE CANADIAN PRESS

Urgent labour issue

Skills gap needs to be filled: Manley

Former cabinet minister John Manley says Canada needs to fix the labour skills gap before the country lags even further behind internationally.

THE CANADIAN PRESS

Random biz fact of the day

75%

75 per cent of job seekers use traditional networking to gather more information about a company.

CAREERBUILDER



Pope's right-hand man to look into Vatican bank

Pope Francis is helped with his skull cap by his personal secretary Mons. Alfred Xuereb during a gust of wind in St. Peter's Square in May. On Thursday, the Pope named Xuereb to look into the work of two commissions of inquiry he set up last summer to investigate the finances of the troubled Vatican bank and Holy See administration. **THE ASSOCIATED PRESS FILE**

Market Minute

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Nasdaq and Dow Jones closed for American Thanksgiving.

The Zuck's sister gives some dotty advice

For most expectant mothers, there's a fairly typical to-do list to tackle as the due date approaches.

When you're a member of the tech savvy Zuckerberg clan, the one linked to the world-changing Facebook empire, there's an entirely different set of important tasks that naturally comes to mind.

There's some preliminary Googling to do before settling on a name, and there are URLs, email addresses and social media accounts to register for.

Yes, Randi Zuckerberg — older sister of Facebook founder Mark — made sure she secured a website address and email address for her now two-year-old son Asher. **THE CANADIAN PRESS**

Dot Complicated

Zuckerberg talks about managing a baby's web presence, and much more, in her new book *Dot Complicated*, a guide to managing technology and social media in 2013.

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 20

metronews.ca/temp

Wages

Equal work, equal pay

The Workers Action Centre is campaigning for equal pay as part of its advocacy for workers' rights, which includes approaching politicians and conducting online campaigns.

"Permanent workers are earning a lot more," said centre organizer Sonia Singh. "The typical statistic is that temp workers earn 40 per cent less than permanent workers."

"The government should include in the law that temp-agency workers receive the same wages as permanent workers when they are doing the same work." **MIKE DONACHIE/METRO**



THE CANADIAN PRESS

Race to the bottom

Government jobs no sure thing

Government temp jobs are no longer the coveted positions they used to be. Wages for temp workers in the public sector have fallen by up to 40 per cent since the feds started awarding contracts to the lowest bidder, according to the Association of Canadian Search, Employment and Staffing Services. **METRO**

Temp Figures It All Out

If you came here expecting a happy ending, that's exactly what you're going to get. It's a few months later, I'm now Mrs. Xu, there are twin Xus in the offing, and the twins will be in line to inherit over a billion dollars. I remind myself of this every time I think of the coffee room's Girl Guide chocolate-bar honour box, and how horrified I always was to find out staffers had shortchanged it, and how I paid out the difference from my own pocket.

What about TWK? Don't worry about the old gang — they're doing just fine. The building is now home to Mr. Xu's vanity project (and mine), which is to be the world's largest online retailer of vintage and high-end sneakers. Sarah No. 1 is once again in charge on online marketing development, and Sarah No. 2 is back developing e-commerce strategy. This time, their decisions will have a chance of being implemented and making some kind of difference.

With a slight romantic twist, Sarah No. 3, who I never really got to know, is seeing Kyle, who quit the refinery after a week spent inhaling its magic aromas. Kyle is now getting a full sleeve of ink on each arm and is in charge of "Branding Atmosphere," which means — I'll be honest — I have no idea what, but I'm just so glad he's no longer inhaling oil. I'll always have a soft spot for that loveable lunkhead who kind of flirted



with me, and who I kind of flirted with back when we were both younger and dumber.

The Danimal we now call "The Shaker" because we send him out doing anything that involves old-school middle-management people shaking each

other's hands: Conferences and land leasing and that kind of stuff. It's a remarkably effective category and he loves it. Dan and Chantelle split up quite amicably. Chantelle and Darren are engaged and living in the gated community together. Chantelle's lips have shrunk and she looks a tiny bit more human and promises not to get more work done.

And the happiest ending of all is for Kurt, the old guy by the stoplight, who now has his own office out by the delivery bay where his main task is to sit, enjoy life and maybe watch the Carpenters on VHS — he refuses to go online.

So maybe you entered this story expecting there to be a Boogeyman — someone who we can yell at, and whack with sticks like a piñata. But there is

Random fact of the day

The difference between poisonous and venomous animals: "If you bite it and you die, it's poisonous. If it bites you and you die, it's venomous."



SOURCE: WTFUNFACT.COM

Random biz fact of the day

98%

An overwhelming majority of job recruiters used social media to search for candidates in 2012.

SOURCE: WORKOPOLIS

The clock is ticking



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still three days to catch up at temp.metronews.ca — before it is gone forever.

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RON BURGUNDY? COMING TO WINNIPEG

1 Tom Hanks. In the most random moment of 2013 possibly, Hanks showed up at the Grey Cup in Regina. Turns out he was there cheering on the Tiger Cats with his L.A. pal Martin Short, a Hamilton native. Hanks wore a Ticats toque (and later a Riders toque), hung out with The Sheepdogs and sat in the chilly stands. Can we adopt him as ours?

2 Twitter and Time. This year, Time announced a unique new partnership with Twitter as part of their Person of the Year issue. Users can vote for their choice by tweeting with the hashtag #TIMEPOY. The readers' choice poll ends Dec. 4. So go ahead now and cast your vote for ... Miley?

3 Movember wrap up. I wore my mo proudly this year, and raised over \$1,000 to join Mo's Platinum Club. One of the feel-good stories of this year was three buddies who cycled from Vancouver to Toronto and raised nearly \$100,000 for Movember in their Moustache Ride Across Canada. Amazing guys, amazing cause.

4 @bOringtweets. Who would think that a boring Twitter account would be a hit? But it is. Its nearly 140,000 followers get tweets like "I've just looked at something," "I've



THE METRO LIST
Neil Morton
metronews.ca

just signed for a parcel for next door," and "I hope I dream about cardboard again. That was one crazy dream." I would keep giving you examples, but I have to watch paint dry.

5 Ron Burgundy. Will Ferrell's fictitious Anchorman character will be in Winnipeg this Sunday covering Canada's Olympic curling trials dubbed Roar of the Rings for TSN. They should consider hiring Burgundy permanently: Ratings would go through the roof.

6 Toronto + Bon Jovi = NFL? Toronto football fans were living on a prayer wondering whether their city would ever get an NFL franchise, but thanks to Bon Jovi, that might become a possibility. The rocker is a leading contender to buy the NFL's Buffalo Bills and with some powerful and rich T.O. friends, move them to the city.

7 Global anchor Katie Couric. No, not for Global News.

Couric will now be the global anchor for the resurgent Yahoo. She will start next year and be the "face of Yahoo News," CEO Marissa Mayer wrote in a blog post. In effect, Couric will now be the global ambassador for Yahoo. This move is another example that the future of TV is online.

ZOOM

Wood you believe it



ANDY WILLSHEER/REX FEATURES

Vintage vehicle created from oak

A man has made a VW Beetle — out of wood.

Momir Bojic from Celinac in Bosnia and Herzegovina has hand-built the impressive Bug with mind-boggling patience, using skilled woodworking to create intricate detailing. Everything from the bonnet to the gearshift has been carved by Momir in his garden workshop. **METRO**

Slow and steady wins building race

Progress was necessarily slow because of the work's labour-intensive nature.

Momir said: "Some days my wife and I might end up with just two or three rows of pieces on a panel, but this was irrelevant as far as I was concerned because I'm a bit of a perfectionist. Accuracy was far more important than worrying about how long the work was taking." **METRO**

Wife chips in for hubby's project

Momir, who spent time working at the Volkswagen Transporter manufacturing plant in Hanover, Germany, got some help from his wife Nada.

"I was intending to undertake the task by myself, but after my wife saw the amount of effort involved she felt I was crazy to try and do it all on my own and was happy to offer her assistance in the project." **METRO**

Motorbike made from locust wood

Momir isn't the only man from Eastern Europe adept at making wooden vehicles.

Istvan Puskas from Tiszaros, Hungary, spent two years building a motorcycle from weather-resistant black locust wood.

Puskas used cow horns as a handlebar and exhaust pipe, and a gasoline engine from an old Fiat.

METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Terrified of stepping foot in a shopping mall during Black Friday or the rest of the holiday season? There's a beautiful place you can pop into to get your shopping done without the Jingle Bells soundtrack, oversized faux cedar trees or never-ending lineups: The Internet.

Sift:

The site launched about a year ago as a website that mined your email looking for deals and promotions that may interest you. Now, with the help of \$2 million for seed funding, they've launched an iPhone app that lets you shop right from your phone. Wait for their upcoming social function.

Slice:

Not exactly a shopping site, but more

like an online shoppers personal assistant. Slice keeps track of what you buy and lets you know if you're eligible for a price adjustment, recalls, and other things you may want to know about your purchases.

Karmaloop:

Look sharp AND get good deals on trendy new weekend duds from Karmaloop. Site often has promo codes to get your saving started (Black Friday code is BLKLIGHT, FYI).

Comments

RE: Tips On (Cough) Hacking A Cold, by John Mazerolle, published Nov. 28

How about starting by improving your immune system.

I rarely get colds, and I haven't had the flu in 21 years, despite the fact that I work with a lot of people who get sick a lot. Flu shots...?? Never.

We are getting too caught up in cleanliness as a society. That's not to say I don't engage in personal hygiene. I just don't subscribe to the

antibacterial everything that society wants us to.

My wife and four-year-old daughter also do not get sick. My daughter has been sick once since she was born. My tips...?? If you drop it on the floor, pick it up and eat it. If you cough, cough into your hand. And, eat a pound of dirt a week.

Remember, your immune system is an army, and an army needs practice to fight effectively. Take away its ability to practise, and when real germs come along, it will not be able to fight it, and you'll get sick.

ns_hunter posted to metronews.ca

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WHO WON THE ULTIMATE TEMP SURVIVAL KIT!

Eva L. from Calgary, AB

Sausan S. from Toronto, ON



Synopsis

The last couple of weeks have offered up the odd little treat at the movies, like an amuse-bouche to get our taste buds primed for the tastier stuff to follow in December. Not only does the 12th month give us Christmas, Boxing Day, Kwanzaa and New Year's Eve, we also get a delicious buffet of great movies. This week the Reel Guys look ahead to the 31 days that sate our appetite for great movies while feeding the voraciously hungry Oscars.

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



The Wolf of Wall Street, starring Leonardo DiCaprio, is one of the films to get excited for this Christmas. CONTRIBUTED

'Tis the season for great films

Ones to watch. The weather outside is frightful, so duck inside to catch one of the movies the Reel Guys are looking forward to

Richard: Mark, people complain that trailers give away too much of the story, but one upcoming movie has been releasing trailer after trailer — usually not a good sign — and has yet to reveal itself. Apparently The Wolf of Wall Street, directed by Scorsese (do I have to write his first name? I don't think so) and starring Leonardo DiCaprio and Matthew McConaughey, is going to clock

in at three hours, so no trailer, no matter how long or how many, can give away all the good stuff. All they have done is make me eager to see this stockbroker meltdown story. What's grabbed you?

Mark: I'm looking forward to The Wolf of Wall Street too. But I've already decided that Inside Llewyn Davis, the new Coen Bros movie about the Greenwich Village folk scene in 1961, will be my favourite movie of the year. Perhaps I should actually SEE the film before making my decision, but I know, Richard, I just know! I've been waiting for someone to make a movie like this for a long time, and who better than the Coen Bros? The trailer looks terrific and Justin Timberlake looks perfect in his orange alpaca car-

digan, not that it would influence my decision in the least.

RC: Timberlake is such a conundrum for me. He's a wildly talented guy whose movies frequently don't work. My fingers are crossed that for him, Llewyn is more Social Network than Runner Runner. Saving Mr. Banks is another one I'm looking forward to. I'm a sucker for old Hollywood so the story of Walt Disney (played by Tom Hanks) wooing P.L. Travers (Emma Thompson) for the rights to Mary Poppins is up my alley. That, and I'd watch Thompson do anything — bake a chicken, read the phonebook or play an up-tight spinster.

MB: Here's a guilty pleasure:

Grudge Match, the story of two aging boxers facing off for the first time in 50 years. Since the boxers are played by De Niro and Stallone, it's like a dream mash-up: Raging Bull vs Rocky! I'm hoping Will Smith gets a dream sequence cameo as Ali. And let's not forget American Hustle, David O. Russell's new film about greed, lust, politics, and the Mafia. Sounds like a perfect title.

RC: Three things make me want to see American Hustle: the trailers (which are awesome), Christian Bale's beer gut and Jennifer Lawrence's extravagant hairdos.

MB: Wait! Make that De Niro's beer gut and Stallone's hairdo and it's a Grudge Match!



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Josh Gad never put his dreams on ice

Frozen. Actor was ready to give up on making it in show biz when his mother offered him some wise advice

RICHARD
CROUSE

scene@metronews.ca

Josh Gad, the voice of Olaf the optimistic snowman in the new Disney animated film *Frozen*, thanks his mom for some very well timed advice. "My mother, God bless her," he says, "allowed me to keep dreaming."

The story starts in 1993. "I was sitting in a dark theatre watching *Aladdin*," he says. "Robin Williams is playing this insane genie character. I'm on the floor, as is the rest of the audience, and I looked over at my mom and said, 'I want to do that one day,' meaning, I want to be the comedic relief sidekick in one of these Disney films."



Josh Gad plays Olaf, the optimistic snowman in *Frozen*, which is playing in theatres now. CONTRIBUTED

Cut to a decade later.

"I was about three years out of college and I called my mom up and said, 'I don't think I want to do this anymore.' She started crying. I said, 'I'm going to go to law school.' I thought my mother was going to celebrate that she wouldn't have to worry about me anymore. But

she was really disappointed. And I said, 'Why are you disappointed?' She said, 'Because you've been dreaming about this for 15 years, but you are only allowing yourself to live out your dream for three years and I think that is unfair to yourself.' It was very startling to hear her say that."

"A week later I got my first big break on Broadway doing a show called *The 25th Annual Putnam County Spelling Bee*. I guess it was at that time I realized I was going to be OK.

"Book of Mormon was the point at which I realized I had reached a new level. That I had made it. I wasn't a working ac-

tor anymore, I was an actor who was a part of something very special and that would allow and afford me more opportunities to do what I had dreamed of."

Those opportunities include starring in TV shows like *1600 Penn* and movies like *Jobs*, and, of course, making his dream

Quoted

"To get that phone call, saying, you are that guy...I had to hold the phone down because I was sobbing with joy."

Josh Gad on getting the part in *Frozen*

from 1993 come true with *Frozen*.

"To get that phone call, saying, you are that guy," he says, "I had to hold the phone down because I was sobbing with joy."

Olaf, his comedic sidekick snowman, already has at least one fan — Gad's young daughter.

"She was two-and-a-half when I took her to see her very first movie in a movie theatre, which was *Monster's University*. The teaser for *Frozen*, which featured just my laugh [played before the movie].

"Off of that laugh she turned to me and said, 'More dada. I want more dada.' I had to turn away from her because I was embarrassed by the tears."

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Drama



Vic & Flo Saw a Bear

Director. Denis Cote

Stars. Pierrette Robitaille, Rohmane Bohringer

.....

Recently released from prison after serving most of a life sentence, 60-something Vic (Pierrette Robitaille) craves the privacy of isolation; her younger lover Flo (Rohmane Bohringer) is less crazy about the idea of living out in the woods beyond Montreal. The forest proves to be fertile territory for both deadpan comedy and disarming drama, but this time the director has added something new to the mix: The film has the coiled tension of a thriller and brutal late-narrative payoff that's like something out of a horror movie.

ADAM NAYMAN

Drama



Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

.....

We first meet Philomena (Dame Judi Dench) on the 50th birthday of the son she never got to know. Born out of wedlock in 1950s Ireland, her boy was whisked away from the Magdalene Laundries where they lived, and was adopted by an American couple. Her story finds its way to Martin Sixsmith (Steve Coogan), a jaded journalist who thinks Philomena's past is too good to be ignored. Philomena carefully treats a line between touching and humorous, building a story of heartache and loss without ever being maudlin. **RICHARD CROUSE**

Documentary



Cutie and the Boxer

Director. Zachary Heinzerling

Stars. Ushio Shinohara, Noriko Shinohara

.....

Few directors could intertwine mirth and melancholy like Zachary Heinzerling does in *Cutie and the Boxer*. Focused on the long-time marriage between octogenarian "boxing" painter Ushio Shinohara and his younger wife (also an aspiring artist), this documentary subtly interplays the power struggles of relationships and explores the sacrifices made in matrimony and art. Mostly for a modest movie however, it certainly says loads about love.

STEVE GOW

Festive finds

Jacquie Lawson 2013 Advent Calendar



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Kris Abel
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This free calendar from popular e-card artist Jacquie Lawson offers a charming animated story every day as a country village, filled with cosy shops and wildlife, prepares for Santa's arrival.



Five VHS reels worthy of rewind



**RICHARD
CROUSE**
scene@metronews.ca

VHS tapes fell out of fashion years ago but there are many reasons to love the old-school experience of sticking a cassette into that machine with the flashing 12:00.

You can fast forward past the legal disclaimer, the covers were cool and if you don't like the movie that came on the tape, you can record over it.

Here are five films best experienced on VHS.



The Ring

Technology may have killed off VHS but not before a cursed videotape knocked off a few of its own victims. The Ring, an American adaptation of the 1998 Japanese horror film Ringu, stars Naomi Watts as a journalist investigating the urban legend of a tape that kills viewers seven days after popping it into the VCR. "You start to play it, and it's like somebody's nightmare!" No, it's not a badly dubbed copy of Rhinestone, it's a series of surreal images from a dead girl's life. It's creepy until the last half-hour — that's when the VCR's fast forward button comes in handy.



The Toxic Avenger

Set in Tromaville, New Jersey The Toxic Avenger is the story of a 90-pound weakling who morphs into the lumpy-headed titular title character. Fighting corruption by spilling loads of fake blood, plunging hands into deep fryers and crushing a head, his methods provide unforgettable B-movie cheap thrills. That last effect — it's a melon in a wig — is a timeless VHS classic and is actually enhanced by watching it on a grainy video tape.



A History of Violence

A History of Violence makes the list because it was the last movie to be released on VHS in the golden age of video. Viggo Mortensen is Tom, a mild mannered man who must confront his violent past when local townsfolk start asking, "How come he's so good at killing people?" An unopened copy of it will set you back \$10,000 on eBay, but why would you want an unopened copy of one of director David Cronenberg's best films?



The Decline of Western Civilization Part II: The Metal Years

One of the main benefits of VHS tape is that it always stays at the point at which you left it. Snap it off at the 20-minute mark, go back to it 20 years later and it will still be EXACTLY where you left off. In a way it's kind of like hair metal, a genre that has loudly and proudly stayed stalled in the 1980s. Fans of bands like Poison and W.A.S.P. will want to rev up a VHS of The Decline of Western Civilization Part II: The Metal Years, because it rocks too hard to be released on DVD.



Strike Commando

The 1980s VHS boom gave us the dreaded direct-to-video movie and produced many bad flicks, countless of which had names that closely echoed those of big theatrical hits. In the down-and-dirty world of the actionploitation genre, for instance, Schwarzenegger's hit Commando became Strike Commando — "He's A War Machine on the Warpath!" — only without the Austrian superstar or a budget for the big action scenes. The lurid cover art is better than the movie.

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Frozen (G) Bargain Matinee, No Passes, Stadium Seating, DTS Digital Fri-Thu 3:50-10:10

Frozen 3D (G) Bargain Matinee, DTS Digital, No Passes, Stadium Seating Fri-Sun 12:40-7:30 Bargain Matinee, DTS Digital, No Passes, Stadium Seating Mon 7:30 Bargain Matinee, DTS Digital, No Passes, Stadium Seating Tue 12:40-7:30 Bargain Matinee, DTS Digital, No Passes, Stadium Seating Wed-Thu 7:30

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The Hunger Games: Catching Fire (PG) Bargain Matinee, No Passes, Stadium Seating Fri-Sun 12-12:30-3:30-4-7-8-10 Bargain

Matinee, No Passes, Stadium Seating Mon 3:30-4-7-8-10 Bargain Matinee, No Passes, Stadium Seating Tue 12-12:30-3:30-4-7-8-10 Bargain Matinee, No Passes, Stadium Seating Wed-Thu 3:30-4-7-8-10

Oldboy (18A) Bargain Matinee, DTS Digital, Stadium Seating Fri-Sun 12:45-3:50-6:45-9:20 Bargain Matinee, DTS Digital, Stadium Seating Mon 3:50-6:45-9:20 Bargain Matinee, DTS Digital, Stadium Seating Tue 12:45-3:50-6:45-9:20 Bargain Matinee, DTS Digital, Stadium Seating Wed-Thu 3:50-6:45-9:20

Thor: The Dark World (PG) Bargain Matinee, Digital Presentation, DTS Digital, Stadium Seating Fri-Sun 12:55 Bargain Matinee, Digital Presentation, DTS Digital, Stadium Seating Tue 12:55

Thor: The Dark World 3D (PG) Bargain Matinee, Stadium Seating Fri-Thu 3:45-7:15-9:55

Clareview 10 Cinemas
4211 139th Ave.

Captain Phillips (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:05-3:10-6:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:40

Delivery Man (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:50-9:35 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40-3:20-6:50-9:35 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:50-9:35

Ender's Game (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri-Thu 10

Frozen (G) No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 7:15 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:10-2:50-7:15 No Passes, Digital Presenta-

**The Hunger Games: Catching Fire.** CONTRIBUTED

tion, Dolby Stereo Digital, Stadium Seating Mon-Thu 7:15

Frozen 3D (G) No Passes, Dolby Stereo Digital, Stadium Seating Fri 6:45-9:15 No Passes, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:45-3:25-6:45-9:15 No Passes, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:45-9:15

Homefront (14A) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 7:05-9:55 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:25-2:55-7:05-9:55 Digital Presentation, Dolby

Stereo Digital, Stadium Seating Mon-Thu 7:05-9:55

The Hunger Games: Catching Fire (PG) No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:30-7-7:30-9:45-10:15 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat 12-12:30-1-3:15-3:45-4:15-6:30-7-7:30-9:45-10:15 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Sun 12-12:30-1-3:15-3:45-4:15-6:30-7-7:30-9:45 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu

6:30-7-7:30-9:45

Jackass Presents: Bad Grandpa (14A) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 7:10-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:20-2:45-7:10-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 7:10-9:40

Last Vegas (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri-Thu 9:50

Thor: The Dark World (PG) Digital Presentation, Dolby Stereo Digital, Stadium

Seating Sat-Sun 12:15

Thor: The Dark World 3D (PG) Digital Presentation, Stadium Seating Fri 6:35-9:25 Digital Presentation, Stadium Seating Sat-Sun 3-6:35-9:25 Digital Presentation, Stadium Seating Mon-Thu 6:35-9:25

Metro Cinema at the Garneau 8712 109 St.

Apocalypse: A Bill Callahan Tour Film (STC) Tue 7:30

Blood Brother (STC) Sun 6:45

Cutie and the Boxer (14A) Fri 7 Sat 4-9 Sun 2 Wed 9:30

Design Is One: Lella & Massimo Vignelli (G) Sun 4

Edward Scissorhands (PG) Wed 7

Vic & Flo Saw a Bear (14A) Fri 9 Sat 2-7 Sun 9:30 Mon 7 Tue 9

The Visitor (PG) Fri 11 Mon 9

Movies 12, 5074 130 Ave.

Bhaji in Problem (PG) Fri-Sun 1:10-4-6:45-9:30 Mon 4-6:45-9:30 Tue 1:10-4-6:45-9:30 Wed-Thu 4-6:45-9:30

Bullett Raja (STC) No Passes Fri-Sun 1:15-4:30-8 No Passes Mon 4:30-8 No Passes Tue 1:15-4:30-8 No Passes Wed-Thu 4:30-8

Carrie (14A) Fri-Sun 1:20-4:10-7:25-9:50 Mon 4:10-7:25-9:50 Tue 1:20-4:10-7:25-9:50 Wed-Thu 4:10-7:25-9:50

Despicable Me 2 (G) Fri-Sun 1 Tue 1

Despicable Me 2 3D (G) Fri-Thu 3:50-7:15-9:40

The Fifth Estate (14A) Fri-Sun 1:05-3:55-6:50-9:45 Mon 3:55-6:50-9:45 Tue 1:05-3:55-6:50-9:45 Wed-Thu 3:55-6:50-9:45

Gori Tere Pyaar Mein (PG) Fri-Sun 12:55-4:15-7:30 Mon 4:15-7:30 Tue 12:55-4:15-7:30 Wed-Thu 4:15-7:30

Percy Jackson: Sea of Monsters (PG) Fri-Sun 1:25 Tue 1:25

Percy Jackson: Sea of Monsters 3D (PG) Fri-Thu 3:45-6:40-9:15

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Planes (G) Fri-Sun 1:50 Tue 1:50
Planes 3D (G) Fri-Thu 4:40-7:9-10
Ram-Leela (STC) Fri-Sun 1:40-5:10-8:50
Mon 5:10-8:50 Tue 1:40-5:10-8:50 Wed-Thu 5:10-8:50
Rush (14A) Fri-Sun 1:30-4:20-7:10-9:55
Mon 4:20-7:10-9:55 Tue 1:30-4:20-7:10-9:55 Wed-Thu 4:20-7:10-9:55
Singh Saab the Great (14A) Fri-Sun 1:55-5:9 Mon 5-9 Tue 1:55-5-9 Wed-Thu 5-9
We're the Millers (14A) Fri-Sun 1:35-4:25-7:20-10 Mon 4:25-7:20-10 Tue 1:35-4:25-7:20-10 Wed-Thu 4:25-7:20-10

North Edmonton Cinemas 14231 137th Ave.

12 Years a Slave (14A) Fri-Thu 12:50-3:50-7:05-10:05
The Book Thief (PG) Fri 12:20-3:40-6:45-9:50 Sat-Sun 12:20-3:30-6:45-9:50 Mon-Thu 12:30-3:40-6:45-9:50
Delivery Man (PG) Fri 12:10-2:40-5:10-7:45-10:20 Sat-Sun 2:30-5:10-7:45-10:20 Mon-Tue 12:10-2:40-5:10-7:45-10:20 Wed 5:10-7:45-10:20 Thu 12:10-2:40-5:10-7:45-10:20 Star & Strollers Screening Wed 1 Free Birds (G) Fri-Sun 1:40-4 Mon-Thu 1:40-4:20
Frozen (G) No Passes Fri 1:30-4:20-5:45-7:10 No Passes Sat-Sun 11-1:30-4:20 No Passes Mon-Wed 1:30-4:15-5:50-7:10 No Passes Thu 1:30-4:15-7:10 No Passes Sat-Sun 11:45-3:10-7:10
Frozen 3D (G) No Passes Fri-Thu 12-2:40-5:20-8-10:35
Homefront (14A) Fri 12:40-3:10-5:50-8:20-10:50 Sat 12:40-3:20-5:45-8:10-10:50 Sun 12:40-3:20-5:45-8:10-10:45 Mon-Thu 12:20-2:50-5:20-7:50-10:30
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri 1:45-5-8:30 No Passes Sat-Sun 7-10:15 No Passes Mon-Thu 1:15-4:45-8:15 No Passes Fri 11:50-1-3-4:15-6:15-7:30-9:30-10:45 No Passes Sat-Sun 10:50-11:50-

12:30-2-3-3:45-5:15-6:15-8:30-9:30 No Passes Mon-Thu 12-2-3:15-5:30-6:30-9-10 No Passes Fri 12:30-3:45-7-10:15 No Passes Sat-Sun 1-4:15-7:30-10:45 No Passes Mon-Thu 12:45-4-7:15-10:30
Jackass Presents: Bad Grandpa (14A) Fri 1:10-3:30-8:15-10:40 Sat-Sun 1:10-5:50-8:20-10:40 Mon-Wed 1-3:30-8:20-10:40 Thu 1-4-10-10:40
Last Vegas (PG) Fri-Thu 6:30-9:10
Philomena (PG) Fri 1:20-4:10-6:40-9 Sat 11:15-1:20-4:10-6:40-9 Sun-Tue 1:20-4:10-6:40-9 Wed 4:10-6:40-9 Thu 1:20-4:10-6:40-9 Star & Strollers Screening Wed 1 Thor: The Dark World (PG) Fri-Thu 1:50-9:45
Thor: The Dark World 3D (PG) Fri-Thu 4:40-7:40-10:30

Princess I & II 10337 Whyte Ave.

12 Years a Slave (14A) Fri 6:45 Sat-Sun 1-6:45 Mon-Thu 6:45
All Is Lost (PG) Fri 9:20 Sat-Sun 3:30-9:20 Mon-Thu 9:20
Philomena (PG) Fri 7-9 Sat-Sun 2-7-9 Mon-Thu 7-9

Scotiabank Theatre 8882 170th St.

Delivery Man (PG) Fri-Sun 11:55-2:30-5:05-7:40-10:25 Mon-Thu 2:20-5-7:40-10:25
Die Hard (14A) Thu 7
Free Birds (G) Fri-Thu 1:30-4:30
Frozen (G) No Passes Fri-Sun 1:15-4-6:50 No Passes Mon-Thu 1:10-4-6:50
Frozen 3D (G) No Passes Fri-Sun 11:50-2:25-5-7:45-10:20 No Passes Mon-Thu 1:50-4:45-7:25-10
Gravity 3D (PG) Fri-Thu 12:35-3-5:25-7:50-10:10
Homefront (14A) Fri-Tue 12:40-3:10-5:45-8:15-10:45 Wed 3:20-5:45-8:15-10:45 Thu 12:40-3:10-5:45-8:15-10:45 Star & Strollers

Screening Wed 1
The Hunger Games: Catching Fire (PG) No Passes Fri-Sun 12-3:15-6:30-9:45 No Passes Mon-Thu 2:45-6:30-9:45 No Passes Fri-Tue 2-5:15-8:30 No Passes Wed 5:15-8:30 No Passes Thu 2-5:15-8:30 No Passes Fri-Thu 1-4:15-7:30-10:45 Star & Strollers Screening, No Passes Wed 1
The Hunger Games: Catching Fire — The IMAX Experience (PG) No Passes Fri-Thu 12:30-3:45-7-10:15
Jackass Presents: Bad Grandpa (14A) Fri-Wed 12:50-3:20-5:40-8:10-10:35 Thu 12:50-3:20-10:35
Last Vegas (PG) Fri-Thu 7:10-9:50
Oldboy (18A) Fri-Sun 12:10-2:40-5:20-8-10:40 Mon-Thu 2:10-4:50-8-10:40
Thor: The Dark World (PG) Fri-Thu 1:40 Fri-Thu 9:40
Thor: The Dark World 3D (PG) Fri-Thu 4:40-7:35-10:30

South Edmonton Common 1525 99th St.

12 Years a Slave (14A) Fri-Wed 9:55 Thu 10:05
The Book Thief (PG) Fri-Wed 12:35-3:40-7:05-10:05 Thu 3:55-7:05-10:05 Star & Strollers Screening Thu 1
Delivery Man (PG) Fri-Sat 12:10-2:45-5:25-8-10:40 Sun 12:10-2:45-5:25-8-10:35 Mon-Wed 1:45-4:15-7:15-10 Thu 1:45-4:15-7:40-10
Die Hard (14A) Thu 7
Ender's Game (PG) Fri-Thu 9:40
Free Birds (G) Fri-Thu 1:15
Free Birds 3D (G) Fri-Wed 3:25-5:35-7:45 Thu 3:25-5:35-7:50
Frozen (G) No Passes Fri 1:35-4:15-6:50 No Passes Sat 11-1:35-4:15-6:50 No Passes Sun-Wed 1:35-4:15-6:50 No Passes Thu 3:55-6:15 Star & Strollers Screening, No Passes Thu 1
Frozen 3D (G) No Passes Fri-Thu 11:55-2:35-5:15-7:50-10:25
Gravity 3D (PG) Fri-Sat 1:05-3:30-5:50-

8:05-10:20 Sun 3:30-5:50-8:05-10:20 Mon-Wed 1:05-3:30-5:45-8-10:20 Thu 12:15-2:40-4:55-10:20
Homefront (14A) Fri-Sat 12:40-3:10-5:45-8:20-10:55 Sun 12:40-4:25-6:55-9:35 Mon-Wed 1:55-4:35-7:20-9:50 Thu 1:55-4:35-7:20-10:10
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri-Sun 12-12:30-2-3:15-3:45-5:15-6:30-7-8:30-9:45-10:15 No Passes Mon-Thu 12-12:30-2:45-3:15-3:45-6-6:30-7-9:15-9:45-10:15 No Passes Fri-Sun 1-4:15-7:30-10:45 No Passes Mon-Thu 12:45-4-7:15-10:30
Jackass Presents: Bad Grandpa (14A) Fri-Sun 12:45-3:05-5:30-7:55-10:10 Mon 7:55-10:10 Tue-Wed 12:45-3:05-5:30-7:55-10:10 Thu 12:35-2:50-5:05-9:50
The Metropolitan Opera: The Nose - Encore (STC) Sat 10:55
Oldboy (18A) Fri-Sat 12:15-2:50-5:30-8:10-10:50 Sun 12:15-2:50-5:30-8:10-10:40 Mon-Thu 12:05-2:35-5:10-7:45-10:25
Philomena (PG) Fri-Sun 12-2:30-5-7:30-10 Mon-Thu 12-2:30-5-7:30-9:55
Pipes & Sticks on Route 66 (PG) Sun 12:30
Thor: The Dark World (PG) Fri-Thu 1:30-4:20-7:10-10
Thor: The Dark World 3D (PG) Fri 2-4:50-7:40-10:30 Sat 11:10-2-4:50-7:40-10:30 Sun 2-4:50-7:40-10:30 Mon-Thu 2-4:50-7:35-10:30

Grandin Theatres 101-22 Sir Winston Churchill Ave. St. Albert

Captain Phillips (PG) Fri-Thu 6:45-9:15
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:45-3:45-5:45
Free Birds (G) Fri-Thu 1:05-3-4:50
Frozen (G) No Passes Fri-Thu 1-3:10-5:15-7:20-9:25
The Hunger Games: Catching Fire (PG) No Passes Fri-Thu 12:45-3:25-6:15-9
Jackass Presents: Bad Grandpa (14A)

Fri-Thu 9:40
Last Vegas (PG) Fri-Thu 7:35
Thor: The Dark World (PG) Fri-Thu 12:40-2:50-5-7:15-9:35

Galaxy Cinemas Sherwood Park 2020 Sherwood Dr.

About Time (14A) Fri-Sun 9:35 Mon-Thu 9:25
Delivery Man (PG) Fri 4:10-6:50-9:30 Sat-Sun 1:30-4:10-6:50-9:30 Mon-Thu 6:45-9:20
Ender's Game (PG) Fri-Sun 3:45-9:20 Mon-Thu 9:15
Free Birds (G) Sat-Sun 12:15-2:35
Free Birds 3D (G) Fri-Sun 4:55-7:15 Mon-Thu 7:10
Frozen (G) No Passes Fri 4:20-7 No Passes Sat-Sun 11-1:40-4:20-7 No Passes Mon-Thu 6:50
Frozen 3D (G) No Passes Fri 5-7:40-10:20 No Passes Sat-Sun 11:40-2:20-5-7:40-10:20 No Passes Mon-Thu 7:30-10:10
Homefront (14A) Fri 4:45-7:20-9:55 Sat-Sun 11:30-2:10-4:45-7:20-9:55 Mon-Thu 7:15-9:45
How to Train Your Dragon (PG) Sat 11
The Hunger Games: Catching Fire (PG) No Passes Fri 3:50-4:30-6:30-7:10-7:50-9:50-10:30 No Passes Sat-Sun 11:50-12:30-1-10-3:10-3:50-4:30-6:30-7:10-7:50-9:50-10:30 No Passes Mon-Thu 6:30-7-7:40-9:50-10:15
Jackass Presents: Bad Grandpa (14A) Fri-Sun 9:45 Mon-Thu 9:30
Last Vegas (PG) Fri 6:40 Sat-Sun 1:05-6:40 Mon-Thu 6:40
Thor: The Dark World (PG) Sat-Sun 11-1:50
Thor: The Dark World 3D (PG) Fri-Sun 4:40-7:30-10:25 Mon-Thu 7:25-10:15

Leduc Cinemas 4702 50th St. Leduc

Delivery Man (PG) Fri 7-9:30 Sat-Sun

1-3:30-7-9:30 Mon-Thu 7-9:30
Frozen (G) Sat-Sun 12:50 Tue 6:50
Frozen 3D (G) Fri 6:50-9:25 Sat-Sun 3:25-6:50-9:25 Mon 6:50-9:25 Tue 9:25 Wed-Thu 6:50-9:25
The Hunger Games: Catching Fire (PG) Fri 6:30-7:30-9:40 Sat-Sun 12:30-1:30-3:40-6:30-7:30-9:40 Mon-Thu 6:30-7:30-9:40

Cineplex Odeon Windermere & VIP Cinemas 6151 Currents Drive NW

12 Years a Slave (14A) Fri 4-7:10-10:20 Sat 12:50-3:40-6:50-10 Sun 3:30-6:40-10 Mon-Wed 6:40-9:50 Thu 9:50
The Book Thief (PG) Fri 3:40-6:50-10 Sat-Sun 12:40-3:40-6:50-10 Mon-Thu 6:50-10 Fri 4:15-8 Sat 2-5:30-9:30 Sun 12:40-4-8:30 Mon-Wed 7:10-10:20 Thu 6:30-10
Delivery Man (PG) Fri 3:50-6:30-9:10 Sat 12:35-3:10-5:50-8:20-10:55 Sun 12:30-3:10-5:50-8:30 Mon-Thu 7-9:40
Frozen (G) No Passes Sat-Sun 12:40
Frozen 3D (G) No Passes Fri-Sun 3:30-6:15-9 No Passes Mon-Thu 6:30-9:20
The Hunger Games: Catching Fire (PG) No Passes Fri 3:30-7-10:45 No Passes Sat 2-6:30-9:50 No Passes Sun 1:10-4:40-8 No Passes Mon-Wed 7-10:15 No Passes Thu 6:30-9:40 No Passes Fri 3:50-7:15-10:40 No Passes Sat 12:30-4-7:30-11 No Passes Sun 2-6-10:05 No Passes Mon-Wed 6:30-10 No Passes Sat 12:45-4-7:15-10:30 No Passes Sun 12:30-3:45-7-10:15 No Passes Mon-Thu 6:40-10
Philomena (PG) Fri 3:30-6-8:30-10:55 Sat 12:30-3-5:50-8-10:40 Sun 12:50-3:20-5:40-8:20 Mon-Thu 6:30-9
Thor: The Dark World (PG) Sat-Sun 1
Thor: The Dark World 3D (PG) Fri 3:40-6:45-9:40 Sat-Sun 3:50-6:40-9:40 Mon-Thu 6:50-9:40 Fri 5-9 Sat 1:15-4:45-8:30 Sun 1:20-5-9:20 Mon-Wed 8:30 Thu 8



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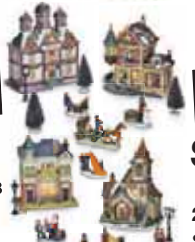
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The future of cinema (starring you)

Choose your adventure.
Meet the companies ready to cast you in a live movie experience

SAM CASTONE
Metro World News

You're walking down a dark metallic corridor, the disorienting sounds of machinery, attack alarms and soldiers in lockstep blaring from the room ahead. A minute ago, you were some hipster after work, three beers in. But now you're wearing a jumpsuit and traversing what appears to be a massive spaceship.

You see marines in zero-G gear, a decontamination room and a massive recon vehicle, 20 feet tall, surrounded by dry ice. It's like something out of *Alien*. No, rather, this is *Alien*. Or more specifically, the *Alien* spinoff *Prometheus*. And you're starring in it. Your living movie has just begun.

The above describes an event last year thrown by Secret Cinema, an arm of Future Cinema, the company that calls itself a "live cinema." It's part of a trend of immersive experiences around the world. The goal is participation, and Hollywood is listening: anything that peels you away from Netflix, and gets you to pay more, tends to do that.

"I see it as riding the edge of culture," Future Cinema founder Fabien Riggall told *Wired* last year. He has since declined interview requests, for fear he's revealed too much — Secret Cinema generates buzz by keeping the films themselves secret, hence the name. But we've been. After buying a ticket online (\$60 and up), you're sent mysterious instructions about where to go and what costume to wear, but nothing more.

Then, after entering, you realize the abandoned office building is a living Brazil, the 1940s theatre is Rick's Café from *Casablanca* and the broken-down school is *Shawshank Prison* — you roam the spaces while drinking, playing games and being



Casablanca HANSON LEATHERBY

approached by actors, who might send you on missions (or devour you, if it's *Prometheus*). Then you finally watch the movie in situ.

Prometheus earned the company \$1.1 million US, beating out the local IMAX, and had the blessing of director Ridley Scott, who introduced the film, via video, and donated props (that recon vehicle was real). The company's *Shawshank Redemption* experience reportedly raked in \$2.7 million US. Yeah, people paid to pretend to be in jail.

Despite its cool cred, Future Cinema wasn't the first to be so bold. That honour goes to Punchdrunk, a British theatre company around since 2000. Their current productions include *Sleep No More*, an interactive adaptation of *Macbeth*, in New York, and *The Drowned Man*, in London, in which you wander through several warehouse floors of a noirish Los Angeles — a living, breathing, sepia-toned *Grand Theft Auto*, where every fairground, movie studio and bedroom has been con-

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"We want to almost place the audience in an atmosphere where they're witnessing living films," says Felix Barrett, Punchdrunk's artistic director. "When we're directing it, we talk about wide shots and close-ups and we encourage each of the performers to imagine that they're heroes of their own



Shawshank Redemption FUTURE CINEMA

movie."

The result is a choose-your-own adventure: you could end up following the town drunk for an hour, as he gets kicked out of the local diner; or watch the narrative, an adaptation of *Woyzeck*, that trails from room to room — or end up at the bar, enjoying a burlesque performer and happily (or

anxiously) missing the "real show."

"We want to make theatre dangerous again so that you're out of your comfort zone," Barrett says. (How dangerous? With all the dark corners, we couldn't help but ask if he's caught anyone ... you know, interacting. "Ahhhh, we've caught people red-handed," he says. "We've had people who think they're performing and the lines blur too deeply.")

What's next? Future Cinema is planning a worldwide expansion, having just attempted events in New York, London and Greece. And Barrett plans to take his fake world experience into the real one. Imagine this:

"You book a holiday. You get a date, a locker and a key for the airport and you open your locker and you find out where you're flying to. You're given one instruction — say a café to go to — and then the show has begun and it's a completely surreal world — and you don't know who is a performer and who isn't." You saw *The Game*. Now live it.



The zombie mallexperience

Arrive at an abandoned mall in Reading, England, and — boom — the door slams shut. There's a zombie outbreak and it's up to you to stop it. Using real BB guns to shoot fake zombies, this has you living *Dawn of the Dead*. See zedevents.co.uk.

Second Screen Live

"Bring your iPad with you to the movie," reads a poster for Disney's re-release of *The Little Mermaid*. You can sing along and play games with help from the second screen. It's for film fans "open to the communal experience," and it worked well for *The Nightmare Before Christmas*.



The film location tour

See Amelie's apartment, *The Motorcycle Diaries'* motorcycle and the bookshop from Notting Hill, along with other film locations in New York, California, Italy, Peru, Scotland and Tokyo — 20 in total. The \$300,000 US price tag includes round-trip airfare, hotels and guided tours. See veryfirstto.com.



Ghostbusters LAURA LITTLE



Sleep No More PUNCHDRUNK

By the numbers

\$2.1M

The amount Future Cinema reportedly made on its *Shawshank Redemption* event.

When grandma wants an autographed photo

Out of the Furnace.

Zoe Saldana's latest role has her working with some heavyweights — and her family is proud



NED
EHRBAR

Metro World News in Hollywood

Zoe Saldana is in some pretty good company in *Out of the Furnace*, co-starring alongside Christian Bale, Forest Whitaker, Woody Harrelson, Casey Affleck, Willem Defoe and Sam Shepard in director Scott Cooper's follow-up to *Crazy Heart*.

Just don't expect her to watch it more than twice.

It's quite the impressive ensemble in this. Who was already on board when you joined the cast?

Christian was already on board. Sam Shepard was already on board, then everybody else was still up in the air. But they were the names that were mentioned. Casey was almost a yes, I believe. So when I heard these names I really prayed that it was going to be everybody that joined the cast because those are actors that I've always wanted to work with. And to actually have them all together, it's like having pizza, cheeseburgers and ice cream at the same time

(laughs).

I was explaining the plot of this film to a friend, and their response was, "So Uhura leaves Batman for Ghost Dog?"

I love that! Uhura leaves Batman for Ghost Dog. I'm going to tell Christian and Forest that.

It's amazing.

Some actors can't stand watching their own films. How about you?

I only have it in me for maybe two screenings, and then after that I can't do it. I like to see it and feel very happy for everything first, then the second time you're watching it and you're paying attention to what everybody's doing, and then after the third time it's going to be about everything else — "Oh, my hair ..." "Did they have to use this take? There was another take that was so good."

After the third screening you just can't watch it anymore.

You revisit it every two or three years when a family member forces you to sit down with them and watch it while they hold your hand. Which is what happens to me and my grandma.

You have to give them a little leeway because it's family.

Yeah. Like my poor grandma, she's been asking me to give her an autograph since I did *Center Stage* 15 years ago, and



Zoe Saldana stars in *Out of the Furnace*, which opens next Friday. CONTRIBUTED

I'm not going to write my grandmother an autograph. That's just ridiculous. I'm not going to sign my name on a picture of myself and go, "Here, Grandma!" It's just uncomfortable.

Has it really been 15 years since *Center Stage*? Now I feel old.

Are you kidding? I turned 21 on that movie, and now

it's like even if I wanted to play a high school student, I could never.

That's the way I would see it sometimes, going, "OK, I'm 26 today, but I can still play like I'm in high school." And then that one day I remember I said it for the last time and [my agent] was the one that said, "Uh... no." I never thought about it again. (laughs)

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The band Broken Bells are back for more. CONTRIBUTED

Far from Broken, their musical affair continues

Interview. Brian Burton and James Mercer are back with a falsetto-filled second album *After the Disco*

**RICHARD
PECKETT**
Metro World News

The band Broken Bells is the guilty pleasure of super-producer Brian Burton, a.k.a. Danger Mouse (one-half of Gnarls Barkley), and James Mercer, lead singer of avant-garde indie four-piece The Shins. Ironically, the Bells is where Mercer and Burton go for their R & R away from the industry. But rather than coming back with flawless skin, the U.S.-based artists have produced an experimental collection of genre-busting tracks.

"The record reflects the hangover or comedown after the party," says Danger Mouse of their second album *After the Disco*, due out Jan. 14.

Metro sat down with the duo in an East London hotel to chat the bizarre Bee Gees sound, psychedelic experiences and why the band continues to be a pressure-free passion.

How long did it take you to put this record together?

Brian Burton: Overall, this record took eight weeks. James Mercer: It's crazy, man. Halfway through I was thinking "It's kind of done." We had a record — I was shocked.

A big deal

Is this a concerted effort to make *Broken Bells* more of a big deal?

- **Mercer:** "We want to have a bigger sort of show. We want to have something impressive happening and we'll see how it works. It'll depend on whether people are loving the record and how big the record gets dictates how much we're willing to put in."

James, you said in an interview: "We need to do another record, for sure. It's fun. I think (Danger Mouse) enjoys it, too. It's like a vacation — although I don't want my wife to know that!" Does it feel like an affair of sorts?

Mercer: (Laughs) Like a musical affair or something — you get to run off. The thing that's cool about it is that we share the burden of all the creative parts. There's nowhere near the pressure that I feel doing something like The Shins or like Brian would feel doing a record on his own. It feels like I'm not working; it's not this laborious, tedious thing, so you do sort of feel guilty in a way.

You're both independently successful, so is this partnership more about the music (a kind of vanity project) than about commercial success?

Burton: We genuinely want to make the best s—t we can possibly make — there is ambition involved. We want to do something that's new and different and that could be really successful. I want this to be the most successful thing that I've been a part of. It just happens to be something that's not as torturous.

I'm not the only one to point out that there's a bit of a Bee Gees feel to the latest release. Were they an influence?

Mercer: It is kind of coincidental. We saw it too. I was in the vocal booth just tracking and doing a falsetto and that's what came out. I was doing track after track when I came into the control room and heard it played back with all those layers — that's the Bee Gees and that's how they did it.

Will you be getting the tight white suits out?

Mercer: (Laughs) I need a feathered wig. I can't grow the hair.

The video is kind of psychedelic and a bit trippy. Were you drinking mushroom tea at the time of making the video?

Mercer: (Laughs) We love psychedelic music and I'm not sure whether it's because I've taken psychedelic drugs or not. Maybe it's just coincidental.

Burton: Psychedelic music is just experimental with melodies. It hooks you in with things you can repeat or sing.

Video not killing Kodaline's radio star



Lead singer of Kodaline Steve Garrigan. GETTY IMAGE

Global exposure. With their debut album out, the Irish indie rockers say their music getting used on TV shows is not selling out — it's a way to reach new fans

RICHARD
PECKETT

Metro World News

For a while during the economic slump, the richest export leaving Ireland was Guinness. Jeez, even U2's Bono has been busking (for charity, apparently). It's easy to mock but he's minted — and it's a recession-proof ruse that's been proving profitable popularity-wise for Dublin rock band Kodaline.

As an unsigned group Give Me a Minute topped the Irish singles chart; the track All I Want from their debut album In a Perfect World has over five million hits on YouTube — and the indie/folk four-piece is getting some airtime on TV shows like Grey's Anatomy. Selling out? No, it worked pretty damn well for the likes of bands M83 and MGMT (music featured in adverts) and it's gaining the 20-somethings some much-deserved exposure on a global scale. Anthem-like Coldplay and melancholy like fellow countrymen The Script, Kodaline are a band for the weepers: their tunes befit those lonely train journeys of emotional, romantic self-reflection. Sitting down with Metro, the boys chat music getting commercial, failed romances (obviously) and the dating app Tinder.

There are some great indie folk bands coming out of Ireland like

you and Little Green Cars. How do you think you fit in amongst the popular music landscape?

Steve Garrigan (vocals): We never really think about it. It's like eight to 80 at our shows. We don't really know who our fans are (laughs). Jay Boland (bass): It's very hard hearing ourselves in the pop context because we're not listening to Radio 1 — we're still listening to our collections.

It's fair to say that In a Perfect World is a sad record. Do you see yourselves writing a chirpier album?

Mark Prendergast (lead guitar): I can't see us writing a bright album.

Are you all permanently melancholy?

Prendergast: Depressed, I think is the word (laughs). Garrigan: I don't think any of our songs are depressing — they're sad but they're uplifting.

Would you ever consider doing something more pop-y — a kind of guaranteed hit?

Prendergast: No, absolutely not. If we were promised a number-one hit in America with a song we didn't believe in, we'd say "No."

You've been played on television shows like Grey's Anatomy, Mob Wives and Modern Family. How do you feel about being commercialized in this way?

Garrigan: I remember buying the CD of Grey's Anatomy a couple of years ago because I like the music. It's kind of like what happened with Phantom Planet's track California and (teen drama) The O.C. — it's a great way for fans to be introduced to new music.

Vinny May (drums): It's like Shazam. People don't realize but you subconsciously take in the song.

What do you think of manufactured boy bands — One Direction, for instance?

Garrigan: We're not fans of boy bands.

Is fame and money important to you?

Prendergast: (mockingly quips) Fame is the most important thing to us. We just want to be famous.

Garrigan: Commercial success is important to us. We're ambitious. The ideal situation would be to do as many albums as we can and tour for the rest of our lives, but it's such a fickle industry.

You're proving to be a hit in the U.S. Do you use your Irish charm on the girls?

Garrigan: They're just great. L.A. girls are just incredible. Is it because they sound like they're on a porn channel? (All laugh).

Steve, you had a messy breakup with your girlfriend. Has she got in back in touch now that you're a little bit famous?

Garrigan: Yeah, she did.

Fickle. Would you take her back?

Garrigan: No. I haven't talked to her in four years.

So you're single now. Have you considered Tinder?

Garrigan: I've got it. When you're travelling, it's unbelievable. You go to a city and you can see who's around.

It's good for a quick shag?

Garrigan: It's just ridiculous. You learn about yourself.

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Zac Brown, left, and Dave Grohl chat during a collaboration for the *The Grohl Sessions Vol. 1*. THE ASSOCIATED PRESS

Zac Brown Band teams up with rocker Grohl on new series

Blending musical genres. First installment in new EP series is out Dec. 10 while second volume comes out next year with a documentary

You never know who you're going to meet while waiting in line at John Varvatos' store in West Hollywood. When Zac Brown bumped into Dave Grohl while picking up some altered clothes for the Grammy Awards, he didn't let the random meeting go to waste.

They bonded over their love of analog recording gear, and their new friendship eventually resulted in Zac Brown Band's newest release:

The Grohl Sessions Vol. 1.

"I don't know how I tricked him into working with us, but it's really cool," Brown said.

The four-song EP is due out Dec. 10 on iTunes. It's the first of two planned releases produced by the Foo Fighters frontman and former Nirvana drummer. The second volume will come next year, along with physical releases, including vinyl and a documentary.

Grohl travelled to Nashville this month after a full-court press from Brown. They recorded four songs together in a week at the band's analog studio, taking a break in the middle to perform one of those cuts, *Day for the Dead*, on the Country Music Association Awards.

THE ASSOCIATED PRESS

A meeting

In his first interview about the project, Brown said Grohl wasn't familiar with the band when they met.

- **Getting to know you.** Brown and members of the seven-piece Atlanta group sat in front of Grohl at the Grammy Awards a few days later, though, where they won country album of the year. Brown and Grohl kept in touch — and a friendship grew. Now Brown hopes Grohl can help take his band to a different audience. Brown is releasing the EP on his Southern Ground record label

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All hail the Internet



SOUND CHECK
Alan Cross
scene@metronews.ca

Let's all bow our heads and thank the Internet for the musical bounty that regularly washes up on our screens



God's Chorus of Crickets/Jim Wilson

This 1992 recording of crickets — yes, the insects — resurfaced recently. Turns out that when you slow down their chirping, angels appear to sing. It needs to be heard to be believed.



We Could Be Heroes/Dogs Sing for Cancer

Since cancer kills one in four dogs, a group of canines came together to sing this song to raise awareness of the problem. It'll melt your heart.



Bad Like That/Hello Beautiful

Definitely the weirdest video I've seen this month. I can be summarized thusly: woman gives birth to Whitby band. Literally.

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The 11 men who played the Doctor Who. UK show is turning 50 and the BBC is throwing a blowout for the sci-fi show. HANDOUT

Huge Christmas surprise in store for Doctor Who fans

Regeneration riddle. Something 'Whovians' have talked about for years will be tackled head-on this festive season

MELINDA TAUB
Metro World News in NYC

Last Saturday the 50th anniversary special episode of Doctor Who aired worldwide, and fans were enthralled to see something that's rarely happened in the show's mythology: Multiple incarnations of the Doctor working together (plus some slimy aliens trying to take over the planet, but ho-hum to that). This year's Christmas special promises to be even more shocking.

SPOILERS for said Christmas special lie ahead. See, it's a major tenet of Who mythology that the Doctor can only regenerate 12 times. Matt Smith's Doctor, who the audience thought was No. 11, has totted it up and realized he's actually the 13th, and last, incarnation. So, how does he

manage to regenerate into The Thick of It star Peter Capaldi? Don't worry, Doctor Who has no plans to gloss over this very important problem.

"The riddle of the regeneration problem, something fans have talked about for decades, will be faced head-on at Christmas," a source close to the Doctor Who production team told the Daily Mirror. "There is going to be another huge cliffhanger, and somehow Peter Capaldi has to join and the series has to continue." The source added, "The show's big fans, known as Whovians, won't believe their eyes at Christmas."

It's still a sci-fi show that uses a magic police box to travel through time and space, right? I think my eyes will probably be fine. They are pretty used to CGI and abrupt rewriting of sci-fi backstory.

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11160 River Valley Rd., 9:00 am to 11:30 am

January 9, Hillview Room, Woodvale Facility and Golf Clubhouse, 4540 50 St., 6:30 pm to 9:00 pm



Family Guy pays respect to Brian

ALEXANDRA CAVALLO
Metro World News in NYC

In case you missed it earlier this week, in one of the most unexpected TV deaths since Game of Thrones killed off Ned Stark with almost no fanfare (we're still reeling over that one) Family Guy lost one of its central characters in last Sunday's episode, Life of Brian.

If the title of the episode wasn't spoiler enough, watch out, BIG OLD SPOILER COMING ATCHA RIGHT NOW.

Oh my God! They killed Brian! For those who have never seen Seth MacFarlane's

cartoon series (or stopped watching after every college bro with a Solo cup of Miller Lite and a less-than-honed sense of humour started yelling Family Guy quotes in your face in lieu of conversation in line for the keg), Brian is the family dog, voiced by MacFarlane, who's been the voice of reason on the show since its debut in 1999. And now he's dead. In his final episode, he was stuck by a car and killed, which is sort of weird considering how many times he's been impaled/bludgeoned/thrown off buildings/endured other fatal blows without dying throughout his tenure.

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Blythe Danner. ALL PHOTOS GETTY IMAGES

Dear riff-raff: Stop bugging my extraordinarily accomplished daughter

Blythe Danner wants everyone to leave her daughter, Gwyneth Paltrow, alone. "I feel she's just extraordinarily accomplished in every area, and people don't like that," Danner says in an interview with the blog Naughty But Nice Rob.

"Some people don't like that, people who are bored and just tap away. I mean, I don't read any of it, I just find it disgusting. There is a coarsening of our culture today that is just so tragic."

Brad and Shia don't play well together

Brad Pitt and Shia LaBeouf apparently aren't having the best of times working together on the Second World War drama Fury, currently shooting in the U.K.

"They have very different styles of working and it's not mixing well on a personal level," a source tells Radar Online. "Brad loves to joke around with his young co-stars, and especially on a very serious war movie, he'd love to take the edge off by kicking back between scenes. But Shia wants to stay in character the whole time."



Brad Pitt

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Australia

How Justin's new hobby is going over Down Under

An Australian hotel is declaring itself a graffiti Belieber, despite being at odds with the city government. QT Hotel in the Gold Coast said it gave Justin Bieber permission to spray graffiti on its wall. The Canadian singer and others posted images online showing cartoon faces in fluorescent paint on an outdoor wall at the hotel in Queensland state.

After hearing criticism, the hotel changed its Facebook page cover art Thursday to show Bieber, his graffiti and the declaration: "He asked, and we said YES."

The Gold Coast mayor Tom Tate says the singer risked undermining the city's efforts to fight graffiti. "The last thing we want is to have graffiti glorified and more young people thinking it's a cool thing to do," he said.

In a letter to the hotel, Tate asserted the city can insist on removal of graffiti in private spaces if it's visible from public spaces.

But in further posts on its Facebook page, QT Hotel defended Bieber as an excellent hotel guest and said it wanted to promote graffiti as an art form. It



invited artists to share examples of their work to be judged, with select artists being offered a hotel wall they could spray-paint themselves.

Bieber performed in Brisbane on Wednesday and has more concerts in Sydney on Friday and Saturday.

The 19-year-old pop star arrived in Australia after a troubled Latin American tour.

He apologized to Argentinians after images appeared to show him dragging that country's flag across the stage with his feet. He quit one concert early after apparently contracting food poisoning, and police in Brazil want to question him about another graffiti incident there.

THE ASSOCIATED PRESS



Kanye West

I didn't tell nobody not to buy no Louis Vuitton nohow, Kanye clarifies

Kanye West wants to clarify his stance on Louis Vuitton. The rapper insists he never ordered his fans to boycott the fancy fashion brand — since it would be unnecessary. "It's a misconception that I said boycott Louis Vuitton," he said during an interview with NYC radio station 92.3 Now.

"You can't boycott Louis Vuitton. I wouldn't tell nobody to boycott a brand that ain't nobody even thinking about no more. Nobody thinking about buying no Louis Vuitton." The beef apparently started after the head of the label declined West's request for a meeting.



Ashton Kutcher and Demi Moore

Ashton and Demi are officially unhitched

After first separating in late 2011 and filing for divorce almost a year ago, Ashton Kutcher and Demi Moore have finalized their divorce, according to E! News. The papers were signed on Nov. 6

by Moore and on Nov. 14 by Kutcher, and according to the documents the parties have a written agreement about their shared property and neither will be receiving spousal support of any kind.

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Liquid Assets

Old school Austrian sips



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

After more than two decades of taking it on the chin from their New World counterparts, the winemakers of Europe are making a comeback. While France and Italy are seeing the biggest upsurge in popularity, Spain, Germany and Austria are harvesting the benefits of the growing interest in their juice.

Yes, I said Austria — a country I bet you didn't know has been making wine for more than four centuries. Impossible-to-pronounce regional names and grape varieties that are virtually Austrian exclusive haven't helped the cause.

Though reds make up about 30 per cent of the country's output, whites are Austria's claim to fame. Typically drier and zippier than those made by its German neighbours, whites with the Grüner Veltliner grape have made a modern name for themselves as a partner for Asian cuisine (think sushi).

With its Franz Ferdinand-esque label and phonetic first name; the Grooner 2012 Grüner Veltliner (\$13.11 - \$16.99) is a modern take on old-school Austria with citrusy fruit, balanced acidity and a clean, green finish.

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A modern take on a Hanukkah tradition

Three Root Vegetable Latkes. The perfect fall-inspired recipe



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

Potato latkes are a traditional Jewish or Eastern European dish, especially served on Hanukkah. I wanted to make a healthy version, so I used a blend of root vegetables. Use the grater blade of a food processor to grate the veggies.

1. In a skillet sprayed with vegetable oil, add the oil, onions and garlic. Sauté on medium heat for 10 minutes until tender. Add the sugar and sauté another 5 minutes. Place in a mixing bowl.

2. Squeeze out the excess moisture from the grated vegetables.

Ingredients

- 2 tsp vegetable oil
- 2 cups diced onion
- 1 tsp crushed garlic
- 2 tsp brown sugar
- 2 cups grated peeled sweet potatoes
- 2 cups grated peeled baking potato
- 1 cup grated peeled parsnips
- 3 tbsp chopped fresh dill or 1 tsp dried
- 2 eggs
- pinch of salt and pepper
- 1 tbsp vegetable oil
- 1/2 cup tzatziki



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Add the vegetables to the onion mixture along with the dill, eggs and salt and pepper.

3. Pat into 12 latkes. In two large non-stick skillet add 1 tbsp vegetable oil sauté on a medium heat the latkes for about 7 minutes per side or

Restrictions

Please be advised that this recipe may not meet all

Jewish dietary or traditional requirements.

until vegetables are soft. Serve with the tzatziki.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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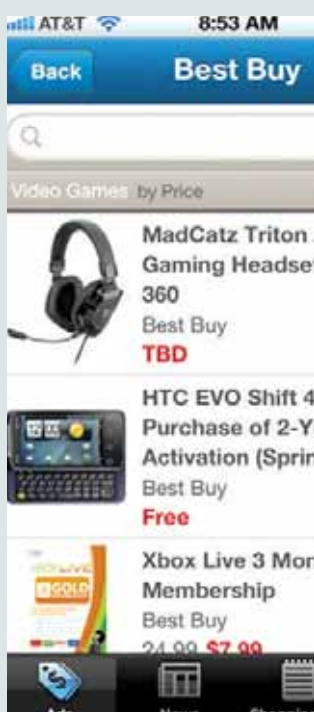


Want some tech support for that Black Friday shopping spree? We have a few apps to help you navigate those deals — or find a better one.

MATT PRIGGE
Metro World News in New York

BFAds

For: iOS
Price: Free
Many shopping apps have sections focused exclusively on Black Friday. BFAds, as the acronym may suggest, is all about Black Friday. It rounds up the deals by store, keeps you abreast of news and allows you to compile a shopping list. Where some apps may dig up better deals while you're already out and about, BFAds allows you to make a game plan before you're stuck in traffic.



5 Smart shopping apps

PoachIt

For: iOS
Price: Free
New to the shopping app wasteland, PoachIt allows you to search by scanning the barcode of an item to see if there's a better deal elsewhere. Or you can simply search by product. Looking for the best plasma TV? Just type that in and it will rank the best deals.



Shopular

For: iOS and Android
Price: Free
Once upon a time we were terrified of Big Brother one day knowing where we are. Now we find it convenient. When you walk into a store, Shopular buzzes you, telling you about the deals and feeding your coupons to the very place in which you presently stand. And it can be used the old-fashioned way, which is to say that you can search by store before you go.



ShopSavvy

For: iOS
Price: Free
All of these apps pretty much perform the same function, with slightly different methods. ShopSavvy

does the competitive sales hunting thing, too, but it adds another, perhaps unexpectedly useful aspect: social media. Connect with friends to see their lists, and not only steal their gift ideas but also their sales!

We're all in this together, but shopping on Black Friday is also Darwinian, meaning we can grab the gift you wanted if you're stupidly trapped in an unmoving car pileup. It's survival of the fittest.

BuyVia

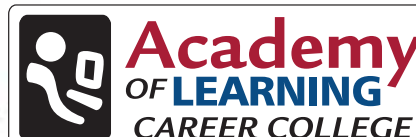
For: iOS
Price: Free
BuyVia starts with what you'd like to buy. Then it lets you pick the store. Then it finds you deals. It's a bit limited, handling mostly the big box chains. But if you'd like to keep things simple, with a guide who looks like Bill Gates, it will serve you well, helping to find the best price amid the gruesome rivalries waged between the major stores.



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Holiday gift guide

Don't fret music lovers

FretLight Guitar — \$299 and up, clockwise, from left, Sony Walkman WH303 — \$149.99, Skullcandy Crusher — \$99.99, Mondo Wi-Fi Music Player — \$179.99, iPod Touch — \$229 and up, SleepPhones — \$39.95 and up, LG SoundPlate — \$499.99, Sony Music Video Recorder — \$349.99, Philips ShoqBox — \$149.95.

MIKE YAWNEY
For Metro

Music is the gift that keep on giving. Impress the audiophile in your life with one of these musical gadgets under the tree.

FretLight Guitar — \$299 and up

Learn to play the guitar with a little high-tech help. LEDs light up the frets on this special guitar so you know exactly where to place your fingers. Download songs from your favourite artists or purchase entire sets of lessons. Available in acoustic and electric.

Ubisoft Rocksmith 2014 — \$79.99

If you know someone

who already owns a guitar but has no idea how to play it, this is the perfect gift. This "video game" teaches you step by step how to play the guitar like a pro. Beginners and advanced players have tons of tracks from which to choose. The best part is you can use your own guitar. Available on Xbox 360, PS3, PC and Mac.

iPod Touch — \$229 and up

There's a reason Apple's iPod remains the No. 1 MP3 player on the market. Beautiful design, gorgeous retina display and simple user interface make this a huge hit for all ages. Use it to store and play thousands of songs, or immerse yourself in the tens of thousands of apps.

LG SoundPlate — \$499.99

This innovative speaker system sports a simple design, which doubles as a pedestal beneath your flat-screen TV. The 4.1-channel sound system comes with dual built-in subwoofers for rich, full sound while watching your favourite movies or TV shows. When your eyes get tired, enable the Bluetooth feature to listen to your favourite tunes from your phone or tablet. Available in December.

Philips ShoqBox — \$149.95

Designed to withstand water and abuse, the ultra-durable ShoqBox is one for true road warriors. Two speaker drivers create loud, clear audio with the ability to pair two ShoqBoxes as left-right speakers. This unit doubles as a hands-free speaker for your phone.

Sony Walkman WH303 — \$149.99

Headphones with a built-in MP3 player. Store up to 1,000 favourite songs with 4GB of internal storage, then decide how you want to listen to them. You can wear the headphones around your neck and let the built-in speakers pump out the tunes, or listen to your music privately with the headphones on your ears. A single charge will give you up to 20 hours of music enjoyment.

Skullcandy Crusher — \$99.99

These headphones are

designed with one thing in mind — bass. An adjustable bass slider will have music lovers fine-tuning their favourite tracks while an in-line mic on the cable lets you have phone conversations. These headphones are smart enough to turn on automatically when the tunes begin to play and turn off when not in use to preserve battery life.

Nuvo Wireless Music System — \$229 and up

Spread music throughout the house. This system utilizes your home's Wi-Fi network to stream lossless level audio to multiple rooms. Supports music services such as Pandora, iTunes and SiriusXM satellite radio. This high-end system isn't cheap, but if you are an audiophile it's worth the hefty price tag of a complete system.

Mondo Wi-Fi Music Player — \$179.99

Listen to radio stations from around the world. This Wi-Fi music player sports a beautiful 3.5-inch colour display that shows off station or album art as your favourite songs play. With more than 18,000 free

radio stations to choose from there is always something to listen to.

SleepPhones — \$39.95 and up

Pyjamas for your ears. These headphones are designed to play music while blocking light from your eyes to help you fall asleep faster. Play your favourite songs or download free full-length sleep tracks. Upgraded models come with play/pause/volume controls on the cord. Machine washable.

Sony Music Video Recorder — \$349.99

If you have an inspiring musician in the family this is the gift for them. This camcorder is built with shooting music videos in mind. Not only does it record in stunning HD, it has built-in stereo microphones capable of recording high-quality audio. An in-line jack can also be used for high-quality mics.



26
shopping
days left

Sensational seasonal scents



**JANINE
FALCON**
For Metro

From lush florals to sexy, spicy scents, covetable per-

fumes for your lady loves.

Aerin Amber Musk, from a collection of modern scents inspired by Aerin Lauder's own touchstone moments and memories. \$125 at Holt Renfrew and esteelauder.ca.

Armani Si, a sultry, intense scent with patchouli, vanilla, rose and woody notes; Gior-

gio Armani calls it his "tribute to modern femininity." \$130 at Hudson's Bay.

Carven Le Parfum, a youthful, ultra-feminine bouquet of sweet pea, jasmine and ylang ylang grounded with woody notes. From \$90 at Holt Renfrew.

Chloé Roses de Chloé, a fresh, warm, modern bouquet of rose and magnolia. \$85 at

Murale, Sephora, department stores and drugstores.

Clinique Calyx, the same distinctive vibrant and groundbreaking scent first

launched by Prescriptives in 1986 now under the Clinique umbrella. From \$62 at department stores and clinique.com.

Dolce & Gabbana Pour Femme Intense, a sexy, oriental floral of neroli, jasmine, tuberose and sandalwood. From \$110 at department

stores and Shoppers

Drug Mart Beauty Boutiques.

Elizabeth Arden Untold, a warm, fruity floral with jasmine, black current and patchouli. From \$75 at drug

and department stores.

Estée Lauder Modern Muse, a striking "dual-impression" fragrance that appeals to some women as a lush floral, and to others as a sensual woody scent. From \$65 at Hudson's Bay and esteelauder.ca.

Valentina Oud Assoluto, a decadent, heady scent of leather, rose, agarwood (oud),

vanilla and dry woods. Limited edition, \$148 at Holt Renfrew.

Fresh Life Eau de Parfum, inspired by dew-dampened grass, fresh morning breeze, the first rays of sunlight and cool, clear water. From \$44 at Sephora.

Jo Malone London Saffron Cologne Intense, a spicy fragrance of golden saffron, pink peppercorn, incense and warm blond woods. \$165 at Holt Renfrew.

Lancôme Trésor Eau de Parfum Lumineuse, a softer, floral fruity interpretation of the original oriental floral Trésor. From \$67 at drug and department stores, and lancome.ca.

Lancôme Trésor Eau de Parfum Lumineuse, clockwise, from left, Dolce & Gabbana Pour Femme Intense, Fresh Life Eau de Parfum, Aerin Amber Musk, Armani Si, Jo Malone London Saffron Cologne Intense, Clinique Calyx, Estée Lauder Modern Muse, Chloé Roses de Chloé, Valentina Oud Assoluto, and Elizabeth Arden Untold.



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Featuring Maple Roasted Turkey Carving Station

Dec 25
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Christmas Day Brunch Buffet | \$32.95

Featuring Slow Roasted Prime Rib of Beef & Roasted Tom Turkey Carving Stations

Dec 25
4:00pm -
10:00pm

Christmas Day Dinner Buffet | \$28.95

Featuring AAA Alberta Slow Roasted Prime Rib & Roasted Turkey Carving Stations

Dec 31
4:00pm -
11:00pm

New Year's Eve Dinner Buffet | \$52.95

Featuring Slow Roasted AAA Prime Rib & King crab legs

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Wreaths were traditionally hung on the front door, welcoming others to the home. Today, wreaths can be used in a variety of ways to add a festive touch during the holidays. STEPHEN COBURN/SHUTTERSTOCK

A welcome decor touch



MICHELLE WILLIAMS
For Metro

Hanging a wreath is one of the easiest ways to add a festive touch to your home's curb appeal and interior decor. Traditionally, wreaths were hung on the front door, welcoming others to the home. These days, you can use multiple wreaths and literally decorate for the holidays in minutes.

We've asked Brian Rattray, a Toronto-based Canadian Tire general manager, to share his top 10 tips and trends on decorating for the holiday with wreaths.

1 Sinamay wreaths are super stylish this season. Sinamay is mesh ribbon or fabric that comes in Christmas colours and patterns that loop, gather and twist into a beautifully full and fashionably wreath. They look great inside and out.

2 Dress up your front door with pre-lit wreaths. They look impressive at night and make your front door the focal point of your holiday decor.

3 Place a wreath in your holiday theme colours on the table as a centrepiece and

use pillar candles to fill the centre.

4 Hang them on doors to give rooms a simple festive touch or take down a few pictures and hang wreaths in their place — they look especially impressive over a fireplace.

5 Keep it natural with pinecone wreaths, which go great inside and out with just about any decor.

6 For a modern aesthetic, silver-, gold- or copper-coloured wreaths are just the right touch.

7 Hang wreaths in your windows and they can be enjoyed inside and out.

8 Multiple wreaths that are similar or identical help create a theme for your indoor and outdoor decor and make decorating incredibly easy. Use two or three and you don't need anything else.

9 Don't go simple. The most popular wreaths for the holiday season are overstated — the more embellished, the better.

10 Circular wreaths are traditionally most popular, but think outside the box and consider a swag, square or teardrop shape instead.

Gift baskets. A delicious option

If you can't spend time with friends or family members this holiday season, there are still ways you can send your greetings and share your love.

What about selecting Christmas fruit baskets? It is one of the best gifts you can select for the season.

A fruit basket can convey your greeting and express your care towards the health of the ones you love. Missed

family members and friends can gather around the table to celebrate the occasion and create memorable moments with your gift basket.

The ability of gift basket designers plays a role in making fruit baskets so demanding during the holiday season. The fruits are beautifully designed to make it look like a precious gift. Well-known online fruit gift delivery



A holiday gift basket can be a tasty option. DASHA PETRENKO/SHUTTERSTOCK

stores hand-pick the best and freshest fruits to make the

gift royal, romantic and delicious at the same time.

Go online and place the order within minutes. Select the gift basket and schedule your delivery date.

If you want to add a fresh taste to your Christmas celebrations, then this can be your time to send Christmas fruit baskets for your friends and the ones you love.

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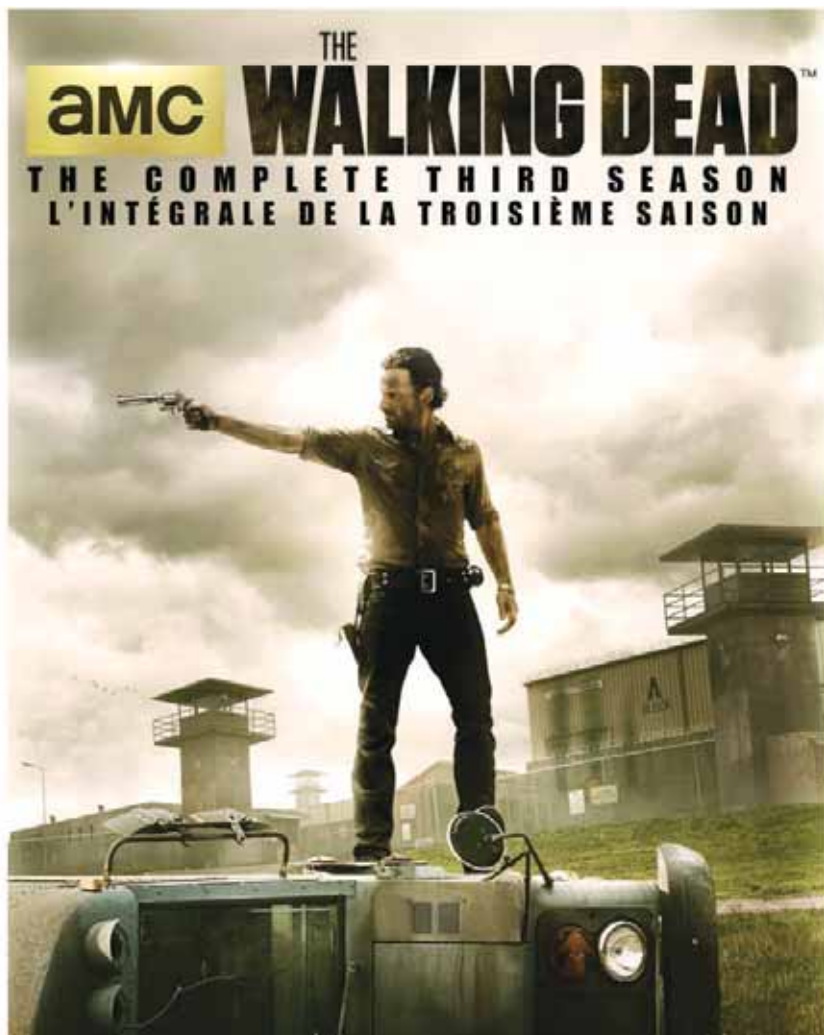
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lously attains the power of super speed and enters the Indy 500. Available where DVDs and Blu-ray's are sold: \$32.89

for Blu-ray on Amazon.ca.

Big Bang Theory, Season 6

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Walking Dead, Season 3

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Entertain kids with holiday-themed games

If you plan to throw a Christmas party for a group of children this year and you are stuck for game ideas, then here are some fun suggestions that will keep them truly entertained.

Simple, traditional party games can be adapted to suit a particular theme, so since it's a Christmas party you could adapt the following

classic games into a Christmas theme:

Santa Says: This is just like Simon Says.

Snowman Freeze: When the music stops, children have to freeze and stand still like a snowman. The child who moves first is out until the last remaining child is left.

Pin The Tail On Rudolph:

Play it like Pin The Tail On The Donkey, but adapted to pinning a big red nose on Rudolph.

Santa, Santa, Elf: Played like Duck, Duck, Goose, or you can choose other appropriate names if you prefer.

Pass The Christmas Gift Box: This is the same as Pass The Parcel, but wrap a box in Christmas paper and fill

with pre-wrapped gifts for each child.

Apart from the traditional style games, here are some other games and activities that can be fun to play.

Fill The Christmas Stocking Relay: Ideal for a larger group of children, this game involves splitting the kids into two teams. Hang up a couple of Christmas stock-

ings and get two large bowls and fill them with sweets. The children have to scoop up sweets with a spoon, walk over to the stocking and fill it, then run back and give the spoon to the next child in the line. The team that fills up the stocking with the most sweets is the winner. You can use anything suitable to fill the stocking if you don't wish to use sweets.

Pass The Candy Cane: Form two groups of children into two lines. The children

have to pass a candy cane to each other using one finger only. The first team to pass the candy cane up and down the line is the winning team.

Decorate A Cookie: Kids love cookie decorating, especially when they get to eat their creations. Make cookies beforehand into shapes such as snowmen, Christmas trees, gingerbread men and round Christmas puddings. Children will have fun icing and adding sweets and sprinkles to them.

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Vancouver-Ottawa

Daniel Sedin reaches milestone in Canucks' win

Daniel Sedin scored his 300th career goal and picked up an assist as the Vancouver Canucks defeated the Ottawa Senators 5-2 on Thursday night.

Vancouver (13-9-5) came in having lost seven of its past eight games, but a solid effort finally put an end to the losing streak.

David Booth, Jason Garrison, Dale Weise and Mike Santorelli also scored for the Canucks. Roberto Luongo finished with 37 saves.

Clarke MacArthur and Mika Zibanejad scored for the Senators (10-12-4). Craig Anderson allowed four goals on 15 shots before being replaced by Robin Lehner.

With the loss, the Senators, who beat the Washington Capitals 6-4 on Wednesday, are now 0-4-1 when playing back-to-back nights. **THE CANADIAN PRESS**

Concussion lawsuit

Vaive wants name removed from lawsuit

Former Toronto Maple Leafs captain Rick Vaive has asked that his name be removed from the concussion lawsuit against the NHL.

Vaive's lawyer Trevor Whiffen claims the former 50-goal man wasn't provided with a copy of the claim beforehand and that he would not have agreed to the allegations made against the NHL had he been asked to review its contents. **THE CANADIAN PRESS**



Oilers goalie Ilya Bryzgalov makes a save as Predators forward Nick Spaling trips over him on Thursday in Nashville. MARK HUMPHREY/THE ASSOCIATED PRESS

Ilya Bryz-es past Preds in first start for Oilers

Edmonton-Nashville.

Bryzgalov posts 33 saves to record his 31st career shutout

Ryan Nugent-Hopkins and Taylor Hall scored 51 seconds apart in the second period, and Ilya Bryzgalov got a shutout in his first start for Edmonton as the Oilers beat the Nashville Predators 3-0 Thursday night.

Bryzgalov, signed by the Oilers on Nov. 8, made 33

On Thursday

3

Oilers

0

Predators

saves in his first NHL start since April 25 when he was in net for Philadelphia. Jordan Eberle added an empty-netter in the final minute off an assist from Hall, and the Oilers

have won four of five.

Predators captain Shea Weber was hit by a puck near his right eye at 15:24 of the second, dropped to the ice and immediately skated to the locker-room. He did not return with what team officials called an upper-body injury.

Nashville, which had won two straight, lost for the second time in seven games.

The Predators hosted one of the NHL's two games and were the only American team in action Thursday, wanting to start a holiday tradition in

Nashville pairing hockey with turkey. It was just their 11th home game this season, fewer than all but the Stars and the Rangers.

Bryzgalov, who signed a one-year deal with the Oilers for \$1.7 million, debuted Monday in Edmonton, replacing Devan Dubnyk in a 5-1 loss to Chicago.

The goalie had a nice pad save on Predators forward Mike Fisher in the final minutes to finish off his 31st career shutout and second against the Predators. **THE ASSOCIATED PRESS**

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Dickenson gives Stamp of approval

'This is the place I wanted to be'. CFL team's OC signs 3-year extension, adds asst. head coach role

For Dave Dickenson, the decision to sign a three-year contract extension to remain with the Calgary Stampeders was an easy one.

While Dickenson has aspirations of one day becoming a head coach in the Canadian Football League, he decided that now wasn't that time.

"One of these days, yeah hopefully I can take that step to a head coach," said Dickenson, who was in the conversation for head coach vacancies in Edmonton, Winnipeg and Ottawa. "I didn't allow any offers nor did I get any offers. Other people called to talk and I just politely said I wasn't



Dave Dickenson
THE CANADIAN PRESS FILE

interested. It wasn't whether it would have happened or not. It wasn't important to me. It wasn't something that I wanted to even entertain."

Instead, Dickenson agreed to stay on as offensive coordinator with the Stamps, while also taking on the role as assistant head coach under

his mentor John Hufnagel.

"I spoke with Huf and told him that I'd like to stay if we could make it work," said Dickenson, who has run Calgary's offence for the past three seasons, helping the Stamps lead the CFL with 1,595 points scored over that span. "I'm very happy to be back. It was a commitment to me that the club came to me and asked what my future was going to be and I really wanted to be here."

"I didn't want to move. The other opportunities to me weren't exciting. This is the place I wanted to be and my family wants to be. The organization to me is top notch."

With Dickenson calling the shots this past season, Calgary led the league with 549 points scored with an offence featuring rushing champion and most outstanding player Jon Cornish of New Westminster, B.C. The Stamps led the league with a 14-4 regular-season record. **THE CANADIAN PRESS**



Ravens swoop in for win on U.S. Thanksgiving

The Ravens' Jeromy Miles tackles Steelers kicker Shaun Suisham for a loss on a fake field goal attempt on Thursday in Baltimore. Justin Tucker kicked five field goals and the Ravens held off a fourth-quarter Steelers charge to win 22-20. In the other games on U.S. Thanksgiving, the Lions beat up the Packers 40-10 and the Cowboys defeated the Raiders 31-24. **ROB CARR/GETTY IMAGES**

NCAA men's basketball

Wiggins helps Jayhawks survive Wake Forest's second-half push

Canada's Andrew Wiggins scored 12 of his 17 points in the second half and No. 2 Kansas moved into the semifinals of the Battle 4 Atlantis, downing Wake Forest 87-78 on Thursday.

Kansas (5-0) will play Villanova on Friday night for a spot in the title game.

Codi Miller-McIntyre scored 20 of his 26 points in the second half for Wake Forest (5-1).

THE ASSOCIATED PRESS



Andrew Wiggins is averaging 16.8 points on 58.5 per cent shooting with 6.3 rebounds in five games as a freshman. GETTY IMAGES FILE

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The City of Edmonton is seeking proposals from companies wishing to provide food, beverage, banquet/meeting catering services and a roving beverage cart service at three municipal golf courses (Victoria Golf Course and Driving Range, Riverside Golf Course and Rundle Golf Course). The City of Edmonton also requires a food and beverage service provider for the A.C.T. Aquatic and Recreation Centre in Rundle Park. Companies may choose to submit proposals for one,

all, or a combination of these facility concession opportunities.

If you are interested, visit **purchasingconnection.ca** and search 'City of Edmonton' to view the complete tender package.

**Tenders close
December 16, 2013.**



NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Montreal	25	14	9	2	67	52	30
Toronto	25	14	9	2	71	66	30
Ottawa	26	10	12	4	76	86	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	16	9	1	78	63	33
NY Rangers	25	13	12	0	53	61	26
Washington	25	12	11	2	76	74	26
Carolina	25	10	10	5	53	70	25
New Jersey	25	9	11	5	53	62	23
Philadelphia	24	10	12	2	52	60	22
Columbus	25	9	13	3	62	75	21
NY Islanders	25	8	14	3	70	85	19

Thursday's results

Vancouver 5 Ottawa 2
Edmonton at Nashville

Wednesday's results

Nashville 4 Columbus 0
Winnipeg 3 NY Islanders 2
Ottawa 6 Washington 4
Montreal 3 Buffalo 1
Carolina 4 New Jersey 3
NY Rangers 5 Florida 2
Tampa Bay 4 Philadelphia 2
Pittsburgh 6 Toronto 5 (SO)
Detroit 6 Boston 1
Phoenix 3 Minnesota 1
St. Louis 4 Colorado 1
Chicago 3 Calgary 2
San Jose 3 Los Angeles 2 (SO)

Friday's games

All Times Eastern
Winnipeg at Philadelphia, 11:30 a.m.
NY Rangers at Boston, 1 p.m.
Pittsburgh at Tampa Bay, 4 p.m.
Detroit at NY Islanders, 4 p.m.
St. Louis at San Jose, 4 p.m.
Calgary at Anaheim, 4 p.m.
Montreal at Washington, 5 p.m.
Colorado at Minnesota, 6 p.m.
Edmonton at Columbus, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7:30 p.m.
Chicago at Dallas, 8:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	18	4	4	95	73	40
St. Louis	24	18	3	3	86	51	39
Colorado	23	17	6	0	70	49	34
Minnesota	26	15	7	4	65	61	34
Nashville	25	13	10	2	60	69	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	24	16	3	5	82	54	37
Anaheim	27	17	7	3	83	71	37
Los Angeles	26	16	6	4	69	56	36
Phoenix	25	15	6	4	83	79	34
Vancouver	27	13	9	5	72	70	31
Calgary	24	8	12	4	66	87	20
Edmonton	25	7	16	2	65	89	16

Note: Two points for a win, one point for overtime loss.

Saturday's games

Vancouver at NY Rangers, 2 p.m.
Columbus at Boston, 7 p.m.
Pittsburgh at Florida, 7 p.m.
Buffalo at New Jersey, 7 p.m.
Toronto at Montreal, 7 p.m.
Washington at NY Islanders, 7 p.m.
Philadelphia at Nashville, 8 p.m.
Chicago at Phoenix, 8 p.m.
Minnesota at Colorado, 9 p.m.
Calgary at Los Angeles, 10 p.m.
Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	13	20	33
Steen, STL	20	10	30
Zetterberg, Det	11	19	30
Malkin, Pgh	6	24	30
Tavares, NYI	11	18	29

Not including last night's games

MLS PLAYOFFS CHAMPIONSHIP

MLS CUP

Saturday, Dec. 7

Kansas City vs. Salt Lake, 4 p.m., EST

NFL

WEEK 12

Thursday's results

Detroit 40 Green Bay 10
Dallas 31 Oakland 24
Pittsburgh at Baltimore

Sunday's games

All times Eastern

Jacksonville at Cleveland, 1 p.m.
New England at Houston, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Atlanta at Buffalo, 4:05 p.m.
St. Louis at San Francisco, 4:05 p.m.
Cincinnati at San Diego, 4:25 p.m.
Denver at Kansas City, 4:25 p.m.
N.Y. Giants at Washington, 8:30 p.m.

Monday's game

New Orleans at Seattle, 8:40 p.m.

NBA

Wednesday's results

Indiana 99 Charlotte 74
Orlando 105 Philadelphia 94
Memphis 100 Boston 93
L.A. Lakers 99 Brooklyn 94
Miami 95 Cleveland 84
Chicago 99 Detroit 79
Houston 113 Atlanta 84
Washington 100 Milwaukee 92 OT
Oklahoma City 94 San Antonio 88
Denver 117 Minnesota 110
Dallas 103 Golden State 99
Phoenix 120 Portland 106
L.A. Clippers 93 New York 80
Friday's games — All times Eastern
San Antonio at Orlando, 7 p.m.
Miami at Toronto, 7 p.m.
Milwaukee at Charlotte, 7 p.m.
L.A. Lakers at Detroit, 7:30 p.m.
Dallas at Atlanta, 7:30 p.m.
Cleveland at Boston, 7:30 p.m.
New Orleans at Philadelphia, 8 p.m.
Brooklyn at Houston, 8 p.m.
Washington at Indiana, 8 p.m.
Golden State at Oklahoma City, 8 p.m.
New York at Denver, 9 p.m.
Phoenix at Utah, 9 p.m.
L.A. Clippers at Sacramento, 10 p.m.

Horoscopes

Aries

March 21 - April 20
This should be an encouraging day and even if you don't accomplish anything remarkable, you will still make progress. Though what seems like no big deal to you may look remarkable to others.

Taurus

April 21 - May 21
Try not to put yourself under stress today because the planets suggest you will get more out of life if you take things easy. Treat what look like a major setback as no more than a minor irritation.

Gemini

May 22 - June 21
There is no point complaining unless you intend to change it. If you give rivals the idea that you are upset about what they are up to, they might decide to do it more.

Cancer

June 22 - July 23
Something you used to get a great deal of joy from no longer thrills you. In a way that's good because it means you can devote the time and energy you spent on it to more serious creative matters.

Leo

July 24 - Aug. 23
Flattery will get you everywhere today and will be especially useful if you want to make a good impression on the work front. People in positions of power like to be told how wonderful they are.

Virgo

Aug. 24 - Sept. 23
Speak up and say what is on your mind but don't expect any applause. If you have any criticisms maybe you should try to make them sound more like positive suggestions.

Libra

Sept. 24 - Oct. 23
You won't solve a problem by trying to force others to see it from your point of view. If they get the impression that you feel you are intellectually superior to, then they will go out of their way to defy you.

Scorpio

Oct. 24 - Nov. 22
Try saying nice things to important people today. You may not believe a word of it but if you can get employers to support what you are doing it could mean the difference between success and failure.

Sagittarius

Nov. 23 - Dec. 21
There have been times of late when it felt as if you were at the mercy of events but it isn't as bad as you think. With the Sun firmly placed in your sign, you should be more upbeat about your prospects now.

Capricorn

Dec. 22 - Jan. 20
Make it your aim to find something to enjoy in everything you do. Whatever it is you are working on there is no reason why it should not make you smile.

Aquarius

Jan. 21 - Feb. 19
You may be eager to push ahead with a project but the planets indicate it might be best to wait a few days. Both tomorrow's Sun-Uranus link and next Tuesday's new moon will bring about new ideas.

Pisces

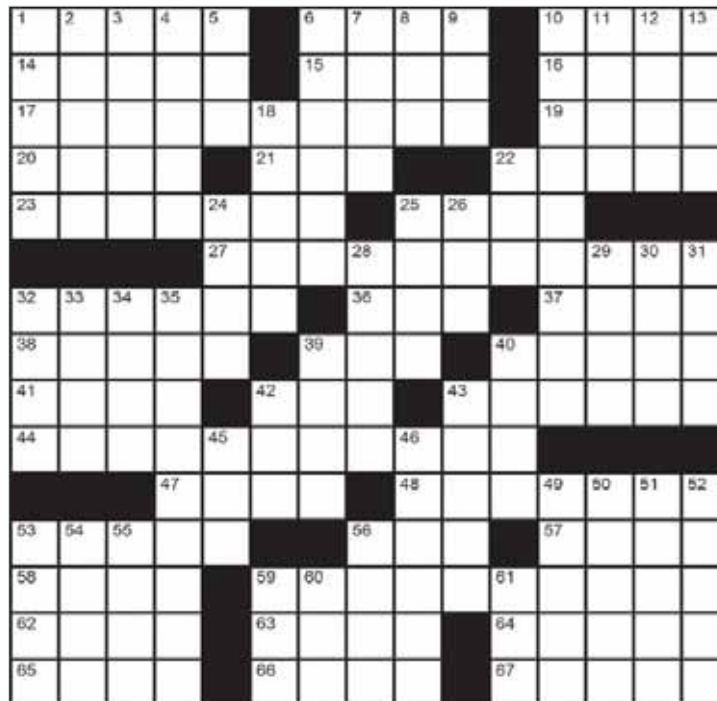
Feb. 20 - March 20
You will see only what you want to see today. That's fine, but if you close your mind completely to new possibilities you'll be the loser.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Vermicelli
6. Piece of the puzzle
10. Gwyneth Paltrow's lifestyles website, __.com
14. Gelatin mould dish
15. James __ (Pulitzer-winning writer)
16. "___ la Douce" (1963)
17. Racecar driver Jacques, an honoured member of Canada's Sports Hall of Fame
19. Achievement
20. Good vs __ (Superhero's battle)
21. Bar beverage
22. Rock
23. Embark on a cruise: 2 wds.
25. Earth
27. It kicks off the Christmas shopping season: 2 wds.
32. Figures of speech
36. Sanction
37. Store event
38. Moved off course
39. "Way cool!"
40. Scatter
41. Docking spot
42. Sighed sounds
43. Snow-packed ski runs
44. Historic building from 1886 where The Second City in Toronto was famously located: 3 wds.
47. Fertilizer ingredient
48. Record-breaking building category
53. Quality
56. "Frasier" character
57. "Ah, me!"
58. This spot
59. Singer from Saint-Ignace, New Brunswick: 2 wds.
62. Buffalo kind
63. __ Cooper



48. Record-breaking building category
53. Quality
56. "Frasier" character
57. "Ah, me!"
58. This spot
59. Singer from Saint-Ignace, New Brunswick: 2 wds.
62. Buffalo kind
63. __ Cooper

64. Beaver-ish looking animal
 65. Look after
 66. Assorted [abbr.]
 67. Highway-crossing animals
- Down**
1. Does road work
 2. "___ always said..."
 3. __ pea soup

4. Cash register drawers
5. Hotshot
6. Spain: Valencian dish of rice
7. Fluish feeling
8. Gun the engine
9. Football prop
10. Things put out annually by Oprah Winfrey, and most

- recently, Gwyneth Paltrow: 2 wds.
11. Celebrated cookie
12. Muscat is its capital
13. Hors d'oeuvre spread
18. Manicurist's concerns
22. Military address
24. Sleep Country

- Canada purchase, __
25. Timetable, cool-style
26. Commonly, poetically
28. English punk band, with The
29. Dash
30. Sheltered, nautically
31. Archery bow trees
32. Spelling boo-boo
33. Racetrack fence
34. Was in debt
35. Chanel No. 5's magazine page: 2 wds.
39. Ms. Perlman
40. Window ledge
42. Go-Go's smash: "Our Lips ___ Sealed"
43. Shopping __
45. Galway's country [abbr.]
46. English pop trio, ___ Kitten
49. Espresso style
50. Upper crust
51. More sensible
52. Boris Godunov, and others
53. Fantastic, in slang
54. Boulevard in Montreal, ___-Levesque
55. Cast or Wrought
56. Also-___
59. "This is yummy."
60. Crossword rendering of a segment of a road's dotted line
61. Mr. Stewart

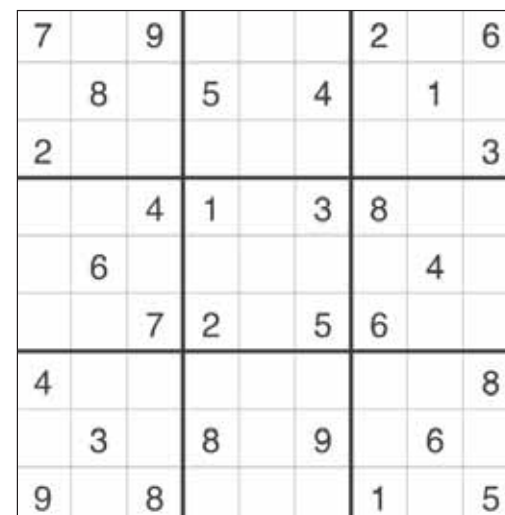
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 0°
MIN: -4°

SATURDAY



MAX: 2°
MIN: -4°

SUNDAY



MAX: 1°
MIN: -6°



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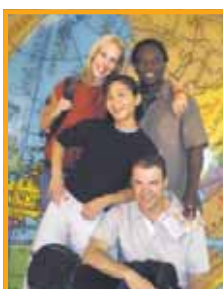
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B/W



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WAS \$50,540 #DR23181
\$38,988 **\$227**
B/W



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Cab 4x4
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\$40,988 **\$239**
B/W



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CREW CAB 4X4
LARAMIE
WAS \$54,465 #ER18993
\$40,988 **\$239**
B/W



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CREW CAB 4X4
SPORT
WAS \$50,365 #28763744
\$36,988 **\$216**
B/W



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4X4 LARAMIE
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 Brad McDonald	2010 HYUNDAI VERACRUZ LTD AWD #4R18209A 	2010 DODGE NITRO 4X4 #4GH2578A 					 Todd Hines

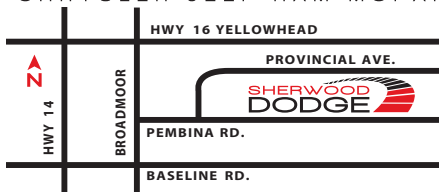


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